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HOW TO LOOK LIKE A VIKING GOD

THOR'S PERSONAL TRAINER SHARES HIS SECRETS TO GETTING THAT CHISELLED LOOK PAGE 26

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REAL-LIFE SUPERHEROES DRESS THE PART

They're real and they're masked — where it's legal. With numbers nearing 600, real-life superheroes are making their rounds in communities across Canada and the United States, preventing — and in some cases fighting — crime, and performing acts of charity. Metro takes a look into their world. Story, pages 10-11. PETER TANGEN/FOR METRO

Minister gives us a refund

Just eight hours after news broke of her stay at one of London's poshest hotels, which cost about $1,000 a day, International Development Minister Bev Oda pays back taxpayers for some of the lodging expenses PAGE 6

Singer testifies at murder trial

Jennifer Hudson says she disapproved of her sister marrying the man who now stands accused of murdering her mother, brother and seven-year-old nephew PAGE 8

Lower speed limits proposed

Fewer fatalities.
Health report concludes pedestrians are far less likely to be killed for every 10-km/h reduction

Toronto's chief medical officer wants the city to cut speed limits by 10 to 20 kilometres per hour to reduce the severity of injuries to pedestrians and cyclists.

In proposals released Monday, Dr. David McKeown advocated a 30-km/h speed limit on residential streets and "a city-wide speed limit of 40 km/h on all other streets."

Both proposals are sure to be controversial. The standard speed limit is 50 km/h, but some major streets have 60-km/h zones. Though many residential streets have 40 km/h limits, many remain at 50 km/h.

McKeown made the proposals upon the release of a $45,000 report, Road to Health: Improving Walking and Cycling in Toronto, which cited evidence that pedestrians are far less likely to be killed for every 10-km/h reduction below 60 km/h.

"Small increases in traffic speeds results in a disproportionately large increase in pedestrian fatalities," McKeown wrote.

In 2010, 20 Toronto pedestrians were killed and 2,050 injured. In 2009, 31 were killed and 2,069 injured; in 2008, 27 were killed and 1,920 injured.

"We looked at the rates of motor-vehicle collisions with cyclists and pedestrians. And what we find in the city of Toronto is that the rates are about twice as high as they are for Montreal and three times as high as Vancouver. So we feel there is definitely a health need for considering this kind of a strategy," said Monica Campbell, director of healthy public policy.

McKeown's advice will nonetheless be a tough sell to a city council sensitive to the interests of drivers and widespread concerns about traffic congestion. Mayor Rob Ford campaigned on a promise to end what he viewed as a "war" on cars.

Denzil Minnan-Wong, a right-leaning suburban councillor and chair of the public works committee, said McKeown's proposed limits are unreasonably low, that many drivers would simply ignore them, and that the police would not have the resources to ticket all violators.

McKeown, he said, is wasting taxpayers' money by meddling in an area in which he does not have expertise.

TORSTAR NEWS SERVICE

'Rights of the car'

"In the suburbs, you have some councillors who are more interested in the rights of the car than the rights of the child. If I have to err, I'd rather err on the side of the child's health and safety.
Maria Augimeri, a left-leaning suburban councillor
She said a citywide reduction in speed limits would be superior to the current system of case-by-case reductions, which Coun. Minnan-Wong prefers.

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'Cut the Waist' update

Mayor avoids stepping on the scale for 3rd time

Mayor Rob Ford has cancelled his once-weekly City Hall weigh-in for the third time in five weeks.

Ford also missed his weekly radio show on Sunday. His brother, Coun. Doug Ford, said on the show that the mayor was "under the weather," though "not too bad."

No explanation was provided Monday for the cancellation of the weigh-in.

Ford has lost 18 pounds during his "Cut the Waist Challenge," which he launched in January, but he has struggled in recent weeks. He weighed 312 pounds last week, up from a low of 308 pounds in February; his goal is to weigh 280 pounds by mid-June. TORSTAR NEWS SERVICE

City hall meeting

'Mighty middle' to brainstorm on their own

Concerned that the business of Toronto City Hall is drifting, some councillors are holding a brainstorming session this week to share ideas on how to improve the city.

The meeting on Thursday is being organized by members of council's so-called "mighty middle" who aren't aligned with either Mayor Rob Ford or council's left wing.

They say the meeting is not meant as a threat to the mayor's office, which is aware that it's happening, said Coun. Mary-Margaret McMahon.

"Everyone is supposed to come with some ideas, their wish list, their shopping list, and we'll proceed from there," said McMahon (Ward 32, Beaches-East York). TORSTAR NEWS SERVICE

April in Toronto, when parkas meet bikinis

Bundled up in a winter coat, a woman walks past a shop selling summer clothes on Queen Street West on Monday. The commute to work on Tuesday is expected to be sloppy again, with wet snow forecast to accumulate into the late morning. The rest of the day is expected to be cloudy with periods of wet snow or rain, and a high of 7C as wintry weather returns to the city. RICHARD LAUTENS/TORSTAR NEWS SERVICE

'Sweet, fun' dog stabbed to death

Richmond Hill. Dog walked up to man 'in a friendly manner, but the guy poked him with a stick in the mouth': Witness

Neighbours describe Diesel as a gentle dog that wouldn't harm a fly.

And that's why residents on a quiet street in Richmond Hill are stunned and distraught that a man would, according to eyewitnesses, fatally stab the animal in the mouth with a sharp stick in front of its owner on Friday.

"What kind of human being goes up to a sweet, fun, amazing dog who's afraid of his own shadow ... to intentionally hurt him is disgusting," said a neighbour, Michelle, who knows the family well and heard about the incident from her mother.

York Region police said the six-year-old Sheltie was stabbed with a spike attached to a broom handle around 6 p.m. Friday.

A Richmond Hill man, who police haven't identified, was released from custody and ordered to appear in court May 25 on charges of injuring or endangering an animal.

The dog lived in a home near Bayview and 19th Avenues. According to property records, the home belongs to Molly and Richard Gayne.

Eyewitnesses said Molly was walking Diesel at the time of the incident when she and another neighbour exchanged insults after the man accused her of not keeping her dog away from him.

"The dog walked up to him in a friendly manner. But the guy poked him with a stick in the mouth. The dog was on a leash," said a witness who asked not to be named. TORSTAR NEWS SERVICE

Part of the family

- The witness said the assailant was wearing sunglasses, so he couldn't see his eyes, but from the man's body language he seemed angry at the time.
- Another neighbour said her father heard Molly yelling, "He just killed my dog."
- "A dog or animal is part of your family, and when a part of your family dies, it's heartbreaking," said Michelle, a neighbour.

1 NEWS

On the web

Bulldog has his day

Tyson, a beloved English bulldog, doesn't bite ears like his namesake, boxer Mike Tyson, but he does bear the title of champion. The two-year-old pup with a fetching face and a winning personality was crowned the winner of this year's "Beautiful Bulldog" pageant Monday in Des Moines, Iowa. Full story at metronews.ca.

Mobile news

Tweed-clad protesters upset that Abercrombie & Fitch's laid-back look will be coming to London's Savile Row took to the street Monday. The American chain is set to open in the same shop where The Beatles gave their final performance from the rooftop on Jan. 30, 1969. Scan for the story.

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McGuinty agrees to NDP's tax-the-rich demand

Budget. Premier strikes a deal with NDP Leader Andrea Horwath in a bid to avoid another election

It's a deal.

Premier Dalton McGuinty has agreed to NDP Leader Andrea Horwath's "tax-the-rich" scheme in order to ensure the minority Liberals' budget passes Tuesday, averting a snap election call.

McGuinty emerged Monday afternoon from a 30-minute closed-door meeting with Horwath — his second in as many days — to announce he had made significant compromises to win her backing.

"They wanted a tax on the rich, I wanted to pay down our deficit faster," the premier told a packed news conference.

"We all gave a little bit," he said, referring to the new "NDP surtax" on people earning more than $500,000 a year.

Horwath told reporters after McGuinty's news conference that "our caucus does not intend to defeat the government. We will not be plunging this province into an election."

She won a huge victory by convincing the Liberals to impose the two per cent surtax on 23,000 high-income earners that would raise $470 million in 2013-14 with all proceeds going toward paying down the $15.2-billion deficit.

The tax — which would cost someone making $600,000 an extra $3,120 annually — will be in place until Ontario balances the budget, now scheduled for 2017-18.

Horwath also said the one per cent increase to Ontario Works welfare benefits and Ontario Disability Support Plan, which will cost the government $55 million, made the budget "a little more fair."

That will be offset by lowering the price the province pays for its 10 most popular generic drugs by $55 million.

An infusion of $20 million to help hospitals in Northern Ontario, where the NDP holds a majority of the seats, will be paid for by reducing the budget for government consultants.

As well, there is an unspecified plan to help the horse-racing industry once slot machines are removed from racetracks by next March.

Horwath heads into her meeting with McGuinty on Monday.
DAVID COOPER/TORSTAR NEWS SERVICE

Last Friday, McGuinty also pledged $242 million in funding for child care over three years, which will come from the education budget.

Still, the NDP leader could not yet say if her 17-member caucus would actually vote for the budget on Tuesday or merely abstain.

"Did we get everything that we wanted? Absolutely not ... We've had some partial wins," she said, adding New Democrats are still determining their precise course of action in Tuesday's 11:45 a.m. budget vote.

The mood had been tense earlier Monday at Queen's Park over concern the province could be faced with a second election just seven months after the Oct. 6 campaign that resulted in a minority Liberal government.

"I really don't want an election right now. People will be angry at us if it happened," said a grim-faced Finance Minister Dwight Duncan before the agreement was reached.

Horwath's proposal is popular with Ontarians — a Forum poll last week suggested 78 per cent support with only 17 per cent opposition — and many Grit MPPs urged McGuinty to adopt the levy.

But last week the premier expressed reservations in part because he still bears scars from raising taxes after the 2003 and 2007 elections despite promising not to do so.

With 52 Liberal MPPs, excluding Speaker Dave Levac, in the 107-member Legislature, the governing party needs opposition support to pass the budget Duncan tabled March 27.

TORSTAR NEWS SERVICE

Premier Dalton McGuinty addresses the media after his meeting on Monday with NDP Leader Andrea Horwath for a last-ditch budget deal.
DAVID COOPER/TORSTAR NEWS SERVICE

Religion. Some town councils re-thinking the politics of prayer

Does prayer have a place in municipal politics?

It was a question Dagmar Gontard-Zelinkova would mull over every time she attended local council meetings in her hometown of Hastings Highlands, near cottage country, where the practice was to start with the Lord's Prayer.

Like everyone else in the chambers, Gontard-Zelinkova would rise when the Christian prayer was recited, but as an atheist and secularist, she wondered why she was being forced to do so.

"I had to stand up, and if I didn't, I would be singled out," she said. "I'm not looking for a war. But as a secularist, I am trying to promote this idea of separation of church and state."

After her request to recite an atheist invocation at a council meeting was turned down, she asked her council and the councils in nearby Bancroft and Belleville why any prayer was necessary.

After months of heated debate and a lawsuit against her town, all three councils voted to go prayer-free.

In the past year, a number of councils a stone's throw from the GTA have opted to replace the Lord's Prayer with a moment of silence. Their intent is to be more inclusive and respectful of changing demographics.

In defence of

"It's part of the past, it is part of our history. And an equal and fair question is, why are we trying to change it?"
Oshawa Mayor John Henry

But in multicultural GTA, the Lord's Prayer is still recited at Oshawa, Durham Region, Mississauga and Brampton council meetings. In Richmond Hill and Oakville, councils recite a non-denominational prayer. All others simply begin with a moment of silence.

Those who endorse retaining the prayer say it is simply a matter of preserving tradition.

"It's how our meetings are called to order," said Oshawa Mayor John Henry.

"It goes back to the fundamental belief of the makeup of the country." TORSTAR NEWS SERVICE

Art that twists and turns

A public sculpture by Chinese artist Zhang Huan is seen before its unveiling. The large-scale metal installation, titled Rising, is inspired by a twisted root and covered with flights of stainless steel birds. It will be on display at the street-side plaza of the Shangri-La Hotel on University Avenue. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Photo released. Police seek suspect in brazen armoured truck heist

Toronto police released a photo Monday of a suspect sought in a daring armoured truck robbery last November in which bandits made off with more than $1 million.

The photo is of a man who used a false name to rent a U-Haul van that police have tied to the robbery.

The man, believed to be between 40 and 50, is bald and appears to be of European descent. He is seen in the photo leaning over a counter to rent another van in Scarborough.

Staff Insp. Mike Earl said police don't know if the man was directly involved in the holdup or whether he was simply used by the robbers to rent the van.

"This individual is either a pawn, being duped into renting this vehicle and they got the vehicle from him, or he could be as high up as the mastermind of this whole operation," Earl said.

Two employees of the Garda security company were ambushed in the area of 111 Grangeway Ave., near the Scarborough City Centre, at 9:40 p.m. on Nov. 18 as they made a delivery to an RBC branch.

The guards were ambushed by three men, two armed with handguns and one with a shotgun, who came out of the bushes. They ordered the guards to the ground, removed their weapons and took the cash.

A fourth person, a driver, may also have been involved.

Police say they have no reason to believe it was an inside job. TORSTAR NEWS SERVICE

Other incidents

There have been at least six armoured car heists — not all successful — going back five years, including:

- **Three men were arrested** after an armoured car was robbed in January 2009, near Eglinton Avenue East and Mount Pleasant Road in Toronto.
- **A failed attempt took place** near Christmas in 2008 when bandits were repelled by three security officers manning a truck that serviced an ATM at the TD Bank on Southdown Road, by Lakeshore Road West.

Borys Wrzesnevskyj. AARON VINCENT ELKAIM/THE CANADIAN PRESS

2011 federal election

Clerical errors may have nullified vote, court hears

A series of essentially clerical errors was enough to warrant overturning election results in a federal riding, an Ontario court was told Monday, much to the skepticism of the judge.

In an unprecedented attempt to upend last May's vote in Etobicoke Centre, lawyers for the losing candidate argued the integrity of the electoral system depends on strict adherence to procedural rules.

Former Liberal MP Borys Wrzesnewskyj, who lost by 26 votes, says that sloppy application of voting rules by Elections Canada officials may have allowed some ineligible voters to cast ballots, and some may have actually voted twice.

THE CANADIAN PRESS

Catholic teachers criticized for boosting pro-life petition

Teachers at a Mississauga Catholic school have encouraged students to sign a petition supporting a Conservative politician's bid to redefine when life begins, sparking outrage from secular groups and questions about the role of teachers in exploring controversial issues.

All teachers at St. Joseph Secondary School got an email last week from an unidentified teacher asking teachers and students to support a Life Canada petition for Motion 312, a proposal from Stephen Woodworth, MP for Kitchener Centre, that could lead to criminalizing abortion.

At least four teachers brought the petition to their students, reported Xtra!, Canada's gay and lesbian news outlet, which broke the story Saturday.

"No one was forced to sign anything, it was presented as an option," said Bruce Campbell, spokesperson for the Dufferin-Peel Catholic District School Board. He could not say how many teachers presented the petition to students.

"Teachers in a classroom asking students to do something directly political ... to me that crosses a line," said Annie Kidder, executive director of advocacy group People for Education.

TORSTAR NEWS SERVICE

School nixed GSA

- **There are 1,700 students** enrolled at the high school, where last year student Leanne Iskander was prevented from starting a gay-straight alliance (GSA).

Recruitment

Cdn. universities set sights on Brazilian students

Thirty Canadian university presidents will leave on Tuesday for Brazil in an attempt to woo as many as 12,000 students. Brazil has pledged $2 billion in scholarships to send some 100,000 science students abroad for education.

TORSTAR NEWS SERVICE

Redevelopment

Concerns voiced over makeover of Bloor St. church

Local community members are expressing displeasure over the redevelopment of Bloor Street United Church, at Bloor and Huron streets. Coun. Adam Vaughan says height and density is concerning.

TORSTAR NEWS SERVICE

Missing youth

Missing person's report issued for N. Korean siblings

Police have finally issued a missing person's report for a 13-year-old North Korean refugee and her 21-year-old brother who arrived at a refugee centre on Bloor St. in January. They disappeared one week later.

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Controversy

B.C. ads offering gender selection criticized

The federal cabinet minister responsible for the status of women is condemning advertisements running in B.C. that offer gender selection for couples wanting a baby.

Rona Ambrose says she's disturbed by the ads that target B.C.'s Indo-Canadian community. A clinic in Bellevue, Wash., offers pre-conception gender determination services for what the ads call "family balancing purposes."

Ambrose says it's clear the ads are targeting cultural attitudes that perpetuate discrimination against girls.

THE CANADIAN PRESS

Protests

Quebec calls for truce with student protesters

The Quebec government is calling for a "truce" from student groups — for just a few hours — before it agrees to any meeting.

It wants the province's three main student groups to swear off disruptive protest tactics like those that have flared up across Quebec in recent weeks.

So far, the province and student groups have been unable to agree even on conditions for a meeting, with the presence of the most radical group, called the C.L.A.S.S.E., still a main sticking point.

THE CANADIAN PRESS

Fighter jets

Budget questions

The air force has raised questions about whether enough has been budgeted to train pilots for the F-35 stealth fighters.

About $1.3 billion was set aside for training, simulators and other infrastructure under the Harper government's proposed $9-billion capital purchase of the radar-evading jets.

But documents obtained under the Access to Information Act show air force planners have been concerned about the dollar projection.

That's because it was calculated for the standard Defence Department estimate of 20 years of flying, rather than the lifetime of the aircraft, which is estimated at 36 years.

THE CANADIAN PRESS

Oda repays taxpayers for stay at posh hotel

Conference controversy. International Development Minister racks up sizable bills at swanky Savoy

International Development Minister Bev Oda repaid taxpayers Monday for the cost of rejecting one five-star hotel in London, England and rebooking at a swankier establishment at more than double the rate.

Oda's office revealed the reimbursement about eight hours after The Canadian Press first reported the hefty lodging bills and three days after the agency began asking questions about the expenses.

Spokesman Justin Broekema said Oda paid the fee difference between the two hotels, as well as the cancellation fee at the first one.

Oda was originally supposed to stay at the Grange St. Paul's Hotel, site of the conference on international immunizations she was attending.

Instead, she had staff rebook her into the posh Savoy overlooking the Thames, an old favourite of royalty and currently owned by Prince Alwaleed of Saudi Arabia.

Oda had a luxury car and driver in London shuttling her between the conference site, her new hotel and beyond at an average cost of nearly $1,000 a day. There was no indication from her office whether any of those travel costs were reimbursed.

An orange juice Oda expensed from the Savoy cost $16.

"The minister preferred not to stay at the Grange St. Paul's upon our arrival there and we had to pay," says a note on an expense sheet.

In last month's budget, the Canadian International Development Agency suffered cuts that rang in this year at $380 million.

A political staffer travelling with Oda stayed at the cheaper hotel, which is no shack — it features views of St. Paul's Cathedral, an enormous glass atrium, four restaurants and five bars.

While in London, Oda represented Canada at a donors conference for the GAVI Alliance, a global health organization that works to immunize children in poor countries.

THE CANADIAN PRESS

International Development Minister Bev Oda, at a donors conference in London. BEN FISHER/THE CANADIAN PRESS

Big spender

The switch is reminiscent of a controversial trip six years ago, when Oda rejected a minivan for transportation and opted for a limousine instead.

- **Juno Awards.** In 2006, she used limousines to ferry her to and from the Juno Awards in Halifax, racking up $5,475 in bills.
- **Payback.** When the expenses were criticized in the House of Commons, she said she had reimbursed the federal treasury $2,200.
- **And ... again.** A year later, Oda billed taxpayers more than $1,200 for another limousine ride to a government event and party activity.

Quotable

"Can one night at the Savoy be justified? I suppose if you're in a high-flying rock band, but as a minister who's meant to be engaging with the world's most poor, most needy and coming from a government that's demanding that Canadians tighten their own belts, the hypocrisy is reeking."

Nathan Cullen, NDP House Leader

Murder charge for man long identified as suspect

Marie and Lyle McCann were murdered in the summer of 2010. HANDOUT

A man long identified by police as a suspect in the deaths of an Alberta couple who were last seen nearly two years ago has been charged with first-degree murder in their deaths.

Mounties first named Travis Vader as a person of interest in the case on July 16, 2010 — 13 days after Lyle and Marie McCann were last seen alive and the same day their SUV was found east of Edson.

He has been in custody ever since on unrelated charges. Investigators moved on the murder charges over the weekend even though the McCanns' bodies still haven't been found.

"This is an excellent day. As a family, we're all relieved. We've waited a long time for this arrest," said Bret McCann, the couple's son.

"What happened to my parents? We're hoping that this will come out and I'm actually hoping that Mr. Vader can in the short term here (provide) some of these answers and maybe help us locate my parents."

The McCanns left St. Albert, a city bordering northeast Edmonton, on July 3, 2010. They were heading to British Columbia in their motorhome and towing their Hyundai Tuscon.

Two days later, their burning motorhome was found about 200 kilometres west of Edmonton, minus the SUV. There was no sign of the McCanns.

About a month later, RCMP took the unusual step of going public with their suspicions around Vader, 40. He publicly remained a suspect in the case until this weekend, when the murder charges were laid.

THE CANADIAN PRESS

Suspect

Police announced a manhunt for Travis Vader in July 2010.

- **Arrest.** He was arrested on unrelated outstanding warrants after tactical officers surrounded an isolated home.
- **Charges.** Vader will make his first court appearance on the murder charges on May 15.

Teenager's ball drifts from Japan to Alaska

Prized possession.
One of the first pieces of debris from last year's tsunami washes up on the other side of the Pacific Ocean

A teenager who lost his home in Japan's devastating tsunami now knows that one prized possession survived: a football that drifted all the way to Alaska.

Officials from the National Oceanic and Atmospheric Administration say the ball with the youngster's name inscribed on it is one of the first pieces of debris from last year's tsunami to wash up on the other side of the Pacific.

A man found the ball while beachcombing on an Alaskan island, and his wife, who is Japanese, talked with its owner, 16-year-old Misaki Murakami, by phone over the weekend. They plan to send the ball back to him soon.

David and Yumi Baxter hold a soccer ball and a volleyball that David found. THE ASSOCIATED PRESS

Murakami, from the town of Rikuzentakata, is surprised and thankful the football, or soccer ball, has been found more than 5,000 kilometres away.

"It was a big surprise. I've never imagined that my ball has reached Alaska," Murakami told public broadcaster NHK.

"I've lost everything in the tsunami. So I'm delighted," he said. "I really want to say thank you for finding the ball."

He was particularly glad because all furniture and sentimental items in his home had been washed away in the March 11, 2011, tsunami, which devastated a long stretch of Japan's northeastern coast and killed about 19,000 people.

The ball, which also had messages of encouragement written on it, was given to him in 2005, when Murakami was in third grade, as a goodbye gift when he transferred to another school.

THE ASSOCIATED PRESS

United States

Romney's man lambasts women

Mitt Romney's decision to appoint an openly gay man as his foreign policy spokesman has angered social conservatives, not surprisingly — but the Republican front-runner's new employee has also caused him trouble with another demographic he's trying to woo: women.

Richard Grenell's Twitter feed was recently rife with snide remarks about various female political figures, from Michelle Obama to Hillary Clinton and Callista Gingrich.

He's reportedly scrubbed more than 800 tweets in recent days, but they live on after being unearthed and archived by news outlets shortly after Romney announced his appointment.

"Hillary is starting to look like Madeleine Albright," Grenell tweeted recently about Secretary of State Clinton, comparing her to the first woman to hold the job after being appointed by Bill Clinton in the 1980s.

Other tweets took aim at the third wife of Republican presidential hopeful Newt Gingrich.

THE CANADIAN PRESS

Snow blankets spring blooms

Cold temperatures and high winds churned up the east coast of Canada and the United States Monday morning, unleashing a burst of winter and up to a foot of snow in higher elevations inland, closing some schools and sparking concerns of power outages.

CHRIS KNIGHT/THE ASSOCIATED PRESS

Trial. Jennifer Hudson testifies in emotional triple-murder case

Oscar-winner Jennifer Hudson broke down in tears Monday while testifying at the trial of the man accused of killing her mother, brother and 7-year-old nephew in a jealous rage four years ago.

Hudson was the first witness called after prosecutors and attorneys for William Balfour finished their opening statements. During her brief but emotional testimony, she told jurors her family didn't want her sister to marry Balfour and she spoke about the last time she saw her family members.

The singer and actress, who wore a subdued black dress and whose hair was wrapped in a bun, at first seemed composed as a prosecutor began asking her questions. But the testimony became increasingly difficult, and she began crying when talking about seeing her family the Sunday before the killings and later when a prosecutor showed her a picture of her mother.

Her voice also broke as she described her reaction when her sister, Julia Hudson, told her she was going to marry Balfour.

"None of us wanted her to marry him," she said, her voice cracking and struggling to hold back tears. "We did not like how he treated her," she said.

Balfour has pleaded not guilty to three counts of first-degree murder in the October 2008 slayings.

Early on during Hudson's testimony, a prosecutor asked her to identify the defendant. Hudson poked her head around the judge's bench and pointed at Balfour. THE ASSOCIATED PRESS

In this courtroom sketch, singer and actress Jennifer Hudson testifies at the murder trial of William Balfour. TOM GIANNI/THE ASSOCIATED PRESS

Case begins against disgraced senator

Former presidential candidate and U.S. Sen. John Edwards arrives outside federal court on Monday with his daughter Cate in Greensboro, N.C., for his trial on charges of violating federal campaign finance laws. Opening statements began Monday. Edwards, 58, pleaded not guilty to six criminal counts related to nearly $1 million in secret payments from two wealthy supporters. Much of the money was used to hide the then-married politician's pregnant mistress during his 2008 White House campaign. CHUCK BURTON/THE ASSOCIATED PRESS

Secret Service scandal

Security clearance suspended

Defence Secretary Leon Panetta says the Defence Department has suspended the security clearance of military members who are being investigated for their possible roles in the Secret Service sex scandal that took place in Colombia earlier this month.

"My biggest concern is the issue of security and what could possibly have been jeopardized by virtue of this kind of behaviour," Panetta said.

THE ASSOCIATED PRESS

Ted Nugent

Rocker to plead guilty to hunt

Rocker Ted Nugent is scheduled for a Tuesday court hearing in Alaska and expected to plead guilty to transporting a black bear he illegally shot and killed in May 2009 on Alaska's Sukkwan Island. The conservative activist signed a plea agreement with federal prosecutors filed Friday in U.S. District Court.

THE ASSOCIATED PRESS

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Fort Lauderdale $16
Travel May 26 - Jun 2/ts + taxes & fees $283

Orlando $63
Travel Jun 3 - Jun 17/wg + taxes & fees $286

Aruba $175
Travel Jun 4 - Jun 11/wg + taxes & fees $330

Panama $179
Travel May 7 - May 14/c6 + taxes & fees $314

Vancouver one-way $189
Travel Jun 21/wg + taxes & fees $123

New York $198
Travel Jun 5 - Jun 12/ws + taxes & fees $126

Tokyo $449
Travel May 9 - May 23/dl + taxes & fees $710

USA

Orlando Air + 7 Nights $129◊
Continental Plaza Kissimmee + taxes & fees $308
INCLUDES accom near theme parks. Price per person based on family of 4. Departs May 11/vat/c6. BOOK this package based on double occupancy for $167.

Fort Lauderdale Air + 7 Nights $281◊
Lauderdale Beachside + taxes & fees $289
INCLUDES beachfront accom in Lauderdale-By-The-Sea. Price per person based on family of 4. Departs Apr 28/vat/wg. BOOK this package based on double occupancy for $393.

Las Vegas Air + 3 Nights $313
Circus Circus + taxes & fees $153
INCLUDES accom on the Strip. UPGRADE to 4-star Luxor for $18 per night. Departs May 29/acv/ac. ADD Vegas Passport Ultimate Club Hopping for $130.

Anaheim Air + 3 Nights $319◊
Holiday Inn Anaheim Resort + taxes & fees $137
INCLUDES central accom near major attractions. Price per person based on family of 4. BOOK this package based on double occupancy for $369.

Miami Air + 3 Nights $389
Marco Polo Beach Resort Ramada Plaza + taxes & fees $116
INCLUDES Miami Beach accom. Departs May 5/ggv/ua. UPGRADE to 4-star Sea View for $44 per night. ADD Everglades airboat for $95.

Europe Starter Vacations

Paris Air + First 2 Nights $329
Chateaudun Opera + taxes & fees $526
INCLUDES first 2 nights Opera district accom. Departs May 11/swg/ts.

Dublin Air + First 2 Nights $379
Jurys Inn Christchurch + taxes & fees $474
INCLUDES first 2 nights accom near Christchurch Cathedral and Temple Bar. Departs Apr 27/vat/ts.

Barcelona Air + First 2 Nights $444
Catalonia Aragon + taxes & fees $474
INCLUDES first 2 nights central accom, near Sagrada Familia. Departs Apr 28/thn/ts.

Rome Air + First 2 Nights $477
Delle Province + taxes & fees $479
INCLUDES first 2 nights central accom, near shopping and major attactions. Departs May 11/swg/ts.

All-inclusive Vacations

Varadero 7 Nights 4-Star $397
Allegro Varadero + taxes & fees $276
Departs May 24/nol/ts.

Riviera Maya 7 Nights 4-Star $447
Catalonia Yucatan + taxes & fees $346
Departs Jun 2/nol/ts.

Europe

London Air + 7 Nights $527
President Hotel + taxes & fees $580
INCLUDES central accom near Russell Square and the British Museum. Departs May 5/vat/ts. ADD London Eye Champagne ticket for $61.

Paris & London Air + 9 Nights from $799
Pavillon Opera Lafayette, President Hotel + taxes & fees $656
INCLUDES all airfare, 4 nights central Paris accom and 5 nights central London accom. Departs May 12/vat/ts. ADD Illuminations of Paris tour for $34.

Cruises

Bahamas 4-Night Cruise $189
Norwegian Sky + taxes & fees $68
CRUISE roundtrip Miami and visit Freeport, Great Stirrup Cay and Nassau. Sails Sep 24/ncl. UPGRADE to oceanview stateroom for $13 per night.

Pacific Coastal 4-Night Cruise $290
Statendam + taxes & fees $70
CRUISE Vancouver to San Diego and visit Victoria. Sails Sep 23/hal. UPGRADE to oceanview stateroom for $12 per night.

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George Zimmerman, left, walks out of the intake building at the John E. Polk Correctional Facility with an unidentified man on Sunday in Sanford, Fla. BRIAN BLANCO/THE ASSOCIATED PRESS

Zimmerman released on bail

Bail. Now-infamous George Zimmerman puts up $15,000 toward $150,000 bail

In a low-key event, George Zimmerman was released from a Florida jail on $150,000 bail as he awaits his second-degree murder trial in the fatal shooting of unarmed teen Trayvon Martin.

The neighbourhood-watch volunteer walked out of the Seminole County jail around midnight Sunday. He was followed another man and the two then got into a BMW and drove away.

Zimmerman gave no statement as he left the suburban Orlando jail.

His ultimate destination is being kept secret for his safety and it could be outside Florida.

As with the July 2011 release of Casey Anthony, the Florida woman acquitted of murder in the death of her young daughter, Zimmerman was released around midnight. But the similarities end there. Anthony was quickly whisked away by deputy sheriffs armed with rifles as angry protesters jeered her. While news helicopters briefly tracked her SUV through Orlando before she slipped from public view, there was no such pursuit of Zimmerman, who will have to return for trial.

Circuit Judge Kenneth Lester said at a hearing Friday that Zimmerman cannot have any guns and must observe a 7 p.m.-6 a.m. curfew. Zimmerman also surrendered his passport.

Zimmerman had to put up 10 per cent, or $15,000, to make bail. His father had indicated he might take out a second mortgage.

THE ASSOCIATED PRESS

Evidence

Gun found in case of murder-kidnap

Bloody jeans and a handgun believed to be the murder weapon were found in the apartment of a Texas woman accused of kidnapping a newborn boy after fatally shooting his mother, authorities said at a Monday hearing.

Verna McClain, who is accused of shooting Kala Golden outside a Houston pediatric centre last week and abducting her three-day-old son, will remain jailed after a judge denied her bond at the hearing. The boy was later found safe. THE ASSOCIATED PRESS

Norway. Breivik claims sanity tests are 'racist'

Anxious to prove he's not insane, confessed mass killer Anders Behring Breivik told a court Monday that questions about his mental health are part of a racist plot to discredit his extreme anti-Muslim ideology.

Breivik, who has admitted to killing 77 people in a bombing and youth-camp massacre, said that no one would have asked for a psychiatric examination had he been a "bearded jihadist."

"But because I am a militant nationalist, I am being subjected to grave racism," he said. "They are trying to delegitimize everything I stand for."

THE ASSOCIATED PRESS

Anders Behring Breivik, left, and his defence lawyer Geir Lippestad, in Norwegian court.
HEIKO JUNGE/THE ASSOCIATED PRESS

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The superheroes of your youth may no longer be complete fiction.
Across the globe, masked avengers guard the streets to prevent and fight crime.
Within a community that seems like a fantasy world, some people have pushed their childhood dreams further.
Approximately 600 superheroes, often disguised by costumes, protect their communities in different ways.
Alone or with teammates, these men and women patrol the streets of their cities to help those in need,
often risking their own lives. We call them:

REAL-LIFE SUPERH

Superheroes, from left, Life, Zetaman, Crimson Fist, KnightVigil, Super Hero, Mutinous Angel, Motor Mouth, Geist, Z, Thantos, DC's Guardian, Phantom Zero, Nyx, Ragensi, Deaths Head Moth, Civitron, Zimmer, Citizen Prime, Dark Guardian and Master Legend.

NADIA FEZZANI
For Metro Canada

Although some might think they're crazy, Real-Life Superheroes (RLSH) are regular people who want to make a difference in the world. They are journalists, teachers, bouncers, business people, truck drivers, cashiers. When they put on their masks or outfits, they become the superheroes they want to be.

Some patrol the streets at night to fight crime. Many raise funds and do charity work for specific causes. Many give aid to those affected by natural disasters. However, one specialty does not limit the causes to which an RLSH contributes.

Surprisingly, documented Real-Life Superheroes have existed since 1969. Until a couple of years ago they were underground, trying not to be noticed. Some superheroes have been active for more than 20 years.

Many RLSH are motivated by their personal experiences. A victim of domestic abuse might raise funds for the cause. And a victim of violent crime might patrol the streets to keep people safe. Some RLSH are seeking fame, others do it for fun.

Whatever the motivation may be, fulfilling the mandate is not an easy task.

Some superheroes work every other weekend, while others patrol three to five nights a week. Several of them have children.

With no financial help, it can be an expensive activity — many superheroes offer water, food and warm clothing to their "wards" who live on the street.

Equipment costs can run high — cameras, walkie-talkies, pepper spray, Tasers.

Costumes — or uniforms, as some call them — are another consideration. Some choose them to be friendly-looking while others want to intimidate law-breakers. Some can't be disguised at all, based on state and local law.

Depending on the danger of what they do, some superheroes must be cautious not to reveal their identities; the suspects they have helped get arrested could seek retaliation.

Does this sound like a job for you?

As Sage Michael reminds us in his book How to Become a SuperHero, not all fictional superheroes have super powers. Batman and Iron Man are the most human personas: Mortal, with strengths and weaknesses.

What is not negotiable: Good values, positive motivation and training for the task. Control and respect are important, too, as many new RLSH sometimes push the limit too far, becoming vigilantes. The goal is to use their strength for the right motives, to respect the law and let authorities do their work.

Quoted

"In 2007 there had been floods in Minnesota, so I bought a lot of supplies to distribute. After dropping them off in two cities, a pastor in Lewiston told me, 'If you can get into Stockton....' They got hit hard. There were mud slides and rock falls. The roads were barely passable. Homes were destroyed and there were several fatalities. The Salvation Army was at the emergency centre with a truck for support. I was also there with a small truck. As I was carrying the bags, I saw a highway patrolman on foot. Being in full costume, I momentarily surprised the officer, and he instinctively put his hand on his Taser. I asked, 'Where can I put these supplies?' He said, 'Ah! Right over here.' I said, 'OK, great! I have a truckload more.' He said, 'Do you want help?' And I said, 'No, sir! I'm a superhero.' And he laughed. I think it was the first laugh he had all day."

Geist.
This superhero devotes his efforts to helping the homeless and those touched by tragedy

In Metro Wednesday

- **Thantos.** Meet Vancouver's very own superhero.
- **Plus:** Female superheroes

In Metro Thursday

- **Super villains vs. Superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- **Geist: The "Green Space-Cowboy" superhero.** Dressed in a long trench coat, cowboy hat and a green scarf covering his face, Geist's costume is often described as "green space-cowboy chic." He focuses his efforts to help those who need it most, the people whose lives have been touched by tragedy and homelessness.

EROES

PETER TANGEN/FOR METRO

Cross-border showdown. Canadian- vs. American-style superheroes

In Canada, violence is much less frequent than it is in the United States.

For that reason, Canadian RLSH are less likely to fight crime than they are to support social causes.

For example, some make presentations in schools to raise awareness about bullying; others raise funds to support the homeless.

In the United States, superheroes do similar things, but more superheroes will patrol the streets at night, concentrating on violent areas.

Depending on the state they live in, they may carry pepper spray and Tasers, and a few carry guns, which is illegal in Canada.

NADIA FEZZANI/FOR METRO CANADA

Get to know your friendly neighbourhood superheroes

From the West Coast to the East Coast, more than 15 RLSH are active in Canada. Some patrol the cities at night to fight crime, help others and provide first aid; others stand against bullying, perform community outreach and champion different causes.

CANADA

Aeon Star — Quebec City

Patrolling at night with his team, Aeon Star wants to "diminish violence and pass the message that anyone can make a difference. We raise funds for foundations that help victims of bullying and walks to schools and parks to make people aware of our availability in case they need help."

NADIA FEZZANI/ FOR METRO

Polarman — Iqaluit

Polarman visits schools to speak to children. "I wanted to help people. I am tired of seeing people always picking on those weaker then themselves, so I vow to fight back against bullies and all other forms of abuse. I try to get everyone to work together."

NADIA FEZZANI/ FOR METRO

Timber Wolf — Mississauga, Ont.

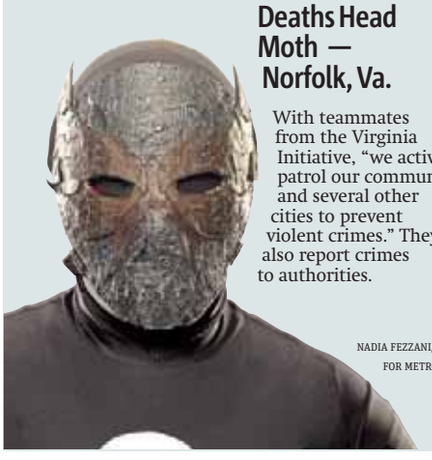
At the age of 17, Timber Wolf wanted to make his community a better place. "I just see all sorts of problems but I need the help of the people to fix them. I'm not a vigilante. I'm not beating up bad guys like in comic books." He wears a mask as a symbol for peace.

NADIA FEZZANI/FOR METRO

USA

Deaths Head Moth — Norfolk, Va.

With teammates from the Virginia Initiative, "we actively patrol our community and several other cities to prevent violent crimes." They also report crimes to authorities.



NADIA FEZZANI/ FOR METRO

Dark Guardian — New York

Dark Guardian confronts and exposes drug dealers in a N.Y.C. park. "I have seen a big difference." He also gives food and clothing to homeless people.

NADIA FEZZANI/ FOR METRO

Hazmat CitizenCrusader & Nightingale CfourOracle — Portland, Ore.

Hazmat and Nightingale perform homeless outreach and raise funds for charities like March of Dimes and shelter refurbishment. "We also participate in neighborhood-watch activities to a lesser extent, due to a low crime rate locally."

NADIA FEZZANI/ FOR METRO

Syrian government troops open fire only one day after UN visit

Dozens killed. Forces drove through a Hama neighbourhood firing automatic weapons, activists say

In this photo released by the official Syrian news agency SANA, a UN vehicle passes under a huge Syrian flag held by supporters of Syrian President Bashar Assad during the UN observers' visit to pro-regime neighbourhoods in Homs province, central Syria, on Monday. SANA/THE ASSOCIATED PRESS

Two days ago, crowds in the Syrian city of Hama welcomed a UN team sent in to observe a shaky truce. On Monday, government troops opened fire on the same streets, killing dozens, activists said, raising fears the regime is targeting opponents emboldened to protest by the UN monitors.

U.S. President Barack Obama and European countries announced new sanctions against Damascus, while the UN's political chief said the Syrian government has failed to implement the peace plan designed to end 13 months of deadly conflict that has killed more than 9,000 people.

The new bloodshed — the worst violence in the central city of Hama in months — came despite the ceasefire that went into effect April 12. Skepticism about the commitment to the truce by Syrian President Bashar Assad remains high among the regime's opponents and some of the peace plan's key backers, such as the United States.

UN political chief B. Lynn Pascoe told the Security Council that the Syrian government is still using heavy weapons against its people and has failed to implement key parts of the plan, such as releasing detainees and allowing peaceful demonstrations. The ceasefire is supposed to allow for dialogue on a political solution between Assad's regime and those seeking his ouster.

"Human-rights violations are still perpetrated with impunity," Pascoe said.

The UN has sent an advance team of 11 observers to Syria to push forward the peace plan put forth by envoy Kofi Annan. More monitors are due on the ground by the end of the month, the UN said, part of a mission of 300 in total.

While deaths nationwide dipped in recent days, the violence in Hama and elsewhere Monday suggested the regime was attacking those who voiced grievances to the observers.

THE ASSOCIATED PRESS

Quoted

"This was the punishment for the people of Hama because yesterday they were very brave when they met the UN monitors."

Activist Mousab Alhamadee, via Skype

France. Sarkozy courts voters on the far right

Nicolas Sarkozy.
MICHEL EULER/THE ASSOCIATED PRESS

French President Nicolas Sarkozy starkly laid out his path to re-election Monday: He will be plunging deep into far-right territory to hunt the votes he needs to beat Socialist challenger Francois Hollande in the runoff.

A day after Hollande won a slim upper hand in the first round of voting, Sarkozy candidly ogled voters of the far-right National Front whose candidate, Marine Le Pen, placed a solid third. She gave the party its highest-ever score, nearly 18 per cent — close to one-in-five voters and the biggest surprise of Sunday's first round vote.

THE ASSOCIATED PRESS

Egypt. Non-profit U.S. groups banned from operating locally

Egyptian authorities have denied permission to eight American non-profit groups to operate locally, including a centre headed by former President Jimmy Carter that monitors elections, a ministry official said Monday.

The move to deny permission to The Carter Center and others comes only a month ahead of Egypt's first presidential elections since the ouster of longtime authoritarian leader Hosni Mubarak last year. The rejection of Carter's organization, which tries to ensure free and fair elections by observing votes around the world, raises doubts about whether Egypt's crucial ballot will be transparent.

The licenses were denied because the groups' activities "breach the country's sovereignty," the Social Affairs Ministry official said. He also warned that if any of the groups attempt to operate without permits they will be penalized in accordance with the law, which makes it unlikely that The Carter Center would be allowed to observe the upcoming vote.

The official spoke on condition of anonymity because he was not authorized to brief the media.

The presidential race is already wracked with tension after the election commission disqualified 10 candidates, including the two top Islamist front-runners.

THE ASSOCIATED PRESS

Ivory Coast. 'Murderers will be punished,' says president Ouattara

Ivory Coast's president vowed Monday that those responsible for hundreds of killings last year in the country's west will be punished, although he did not mention that human rights groups accuse his supporters of committing the atrocities.

A UN investigation has established that "at least 505 people" were killed in Duekoue and surrounding villages following the disputed presidential election.

In his first visit to the area since his inauguration last May, President Alassane Ouattara told crowds he has been "revolted" by the crimes committed. He said he was particularly moved to be visiting Duekoue given the "major clashes, the killings that took place here."

"The murderers will be punished," he said, noting that a commission set up more than six months ago was investigating post election crimes.

THE ASSOCIATED PRESS

Quotable:

"We are committed to the road to reconciliation, mutual forgiveness, but especially, to truth."

Constant Bohe, resident of Duekoue, where at least 500 people were killed following the disputed presidential election

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Free-trade talks with EU nearing end game

Analyst's view.
Contentious parts of negotiations appear to be more difficult to crack than expected

Free-trade talks with the European Union are nearing the "end game," although the most difficult issues still remain on the table, the head of the EU council said Monday.

Pia Olsen Dyhr, the Danish trade minister and president of the council, said she was optimistic a deal could be struck within six months.

"We are actually at the end game. At the moment we have finalized 75 per cent. It's been one of the most forthcoming negotiations" the EU has ongoing, she told a news conference with Canada's Trade Minister Ed Fast. "I see that coming soon and we might expect within a half a year we have finalized the agreement."

Fast was more circumspect in his comments, saying progress was being made at a "satisfactory pace" and he hoped for an agreement by the end of the year.

The talks on a Comprehensive Economic and Trade Agreement would establish the most wide-ranging trade deal Canada has ever entered, encompassing not only goods, but investment and services, and provincial and municipal government procurement

Olsen Dyhr conceded the Canadian system of supply management for poultry, eggs and dairy — which Europe wants to scrap or curtail — and a mutually satisfactory definition of rules of origin have not been resolved.

Agricultural subsidies are also the sticking point in Canada's attempt to join the Trans-Pacific Partnership trading bloc and is a difficult political issue for Ottawa given the opposition from farmers in Quebec and Ontario. THE CANADIAN PRESS

Market Minute

DOLLAR
100.91¢ (+0.16¢)

TSX
11,989.10 (-158.18)

OIL
$103.11 US (-77¢)

GOLD
$1,632.60 US (-$10.20)

Natural gas: $2.007 US (+8¢)
Dow Jones: 12,927.17 (-102.09)

Pooches picket, too

American Airlines flight attendants and supporters picket in front of the American Airlines passenger terminal at San Francisco International Airport Monday. The airline wants to, among other things, eliminate 13,000 union jobs, freeze or terminate pension plans, curb health benefits, and reduce time off. PAUL SAKUMA/THE ASSOCIATED PRESS

Transformers

Illegal dumping investigated

The Canada Border Services Agency (CBSA) said Monday that it has launched an investigation into allegations of dumping of electrical transformers — with a top capacity of 60,000 kilovolt amperes — by South Korea.
THE CANADIAN PRESS

Medical marijuana

Canadian firm to cultivate pot?

A Canadian biotechnology company, Prairie Plant Systems Inc. of Saskatoon, wants to cultivate medical marijuana in a former copper mine in Michigan's Upper Peninsula.
THE ASSOCIATED PRESS

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NETWORKING AND THE ART OF MAKING FAKE FRIENDS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while — and always against my will — I find myself in a situation in which I am expected to "network." The thing about being a writer is that you end up becoming very skilled at typing, not talking. Consequently, standing in a room full of other less-than-chatty individuals can be painfully awkward.

We all know the importance of networking when it comes to job seeking. Maybe you know this from experience or from a professional development class or from your know-it-all uncle who is constantly reminding you: "It's not what you know, it's *who* you know."

I know a few MBA candidates who have been required to attend mandatory networking events to brush up on their schmoozing skills. Students learn the importance of eye contact, exchange glad-handing tips and go head to head against each other in timed business-card-collecting competitions.

Too much mix, not enough mingle

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

While these formal networking exercises seem a bit superficial, business logic suggests that a stellar resumé means nothing in a world where being unconnected results in being unemployed.

Unfortunately, this is bad news for introverted folk who do not excel at small talk with strangers. I might have plenty to say in writing, but social networking in real life is an entirely different story. My idea of "working the room" is nibbling on appetizers and hiding in a corner with my smartphone until it's appropriate to leave.

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

But even with a glass of wine in hand, I have a difficult time selling myself and an even harder time listening to everyone else's elevator pitch. I always find myself wondering, do we really have to have a conversation? Can't you just follow me on Twitter?

Yes, I realize this makes me sound socially inept, but hear me out. It's not that I'm bad with people — I actually think I'm quite good when it comes to socializing — but this form of instantaneous faux-friending just isn't my specialty.

I don't know how to win friends and influence people but I do know how to nurture real friendships over a long period of time, and that's far more important.

After all, at the end of the day, life isn't really about the number of business cards in your wallet.

Solving the networking puzzle, one piece at a time. ISTOCK

One of these things ain't like the other

E. LAZAREVA /FAR EAST RUSSIA ORCA PROJECT (FEROP)

Black sheep

World's first ever white orca found?

RUSSIA. Scientists have spotted what they believe to be the first ever all-white adult orca, or killer whale, off the coast of Russia's Kamchatka Peninsula in the north Pacific Ocean. The male, named Iceberg, was discovered by the international Far East Russia Orca Project (FEROP) near the Commander Islands. "He's a symbol of all that is pure, wild and extraordinarily exciting about the ocean," said Erich Hoyt, the co-head of FEROP.

METRO

Part of the pack

2 metres

Iceberg's dorsal fin, the first visible sign of this unique orca, spans two metres. He lives in a family "pod" with 12 relatives. Twelve years of research have shown that his pod is one of 61 identified orca units in the region. "This discovery is spectacular," says Hoyt, who also serves as a senior research fellow at the Whale and Dolphin Conservation Society.

60 seconds

Erich Hoyt

Is this whale albino?

We are currently not sure. We need to check his eyes for a pink pigmentation to be certain.

Is he perhaps treated differently because of his colouring?

Family bonds are very strong among orcas. There is no evidence that he is an outcast.

Is there a danger his life could be under threat?

The remoteness means he's away from human contact but recent seismic surveys for oil and gas in the region could disturb orcas in the future. This is something of concern.

You have found your white whale. Did anyone compare you to Ahab from Moby Dick?

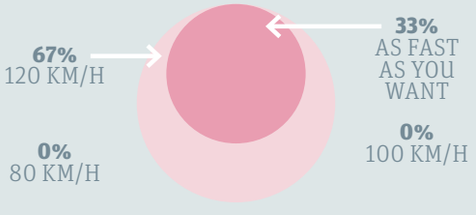
I hope not! From the time of Ahab, we have come a long way in terms of our understanding of whales.

ANTHONY JOHNSTON/METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How fast should you be allowed to drive on a large highway?



Twitter

@Keith_Gaudette: Are we still pretending we want Rob Ford at Pride?

@wheelingprobs: I'm like the Vancouver Canucks, and Monday's are like the Stanley Cup.. We just don't go together.

@Kaneceology_: #ImMadBecause people play with other people emotions

@denisenhammond: Oh good idea, tax the rich and do nothing with the money but move it around to pay the deficit. I'm no economist but that's just dumb #ONDP

@SnapBackAsia: Rainy days get me in nostalgic situations

@mandileighmorr: Oh #RobFord, just because you're "under the weather", doesn't mean you can't weigh in. #notafan #getyourshittogether

metro

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Hugh Grant is the voice of an inept pirate captain angling to be pirate of the year in The Pirates! Band of Misfits. HANDOUT

It's a pirate's life for director Peter Lord

Comedic casting

Captain Hugh Grant

Peter Lord banked on Hugh Grant's comedic prowess when casting him as the Pirate Captain in The Pirates! "I really wanted a star for the thing. Hugh is probably the shining example of his generation of a comic actor (so) there was a kind of leap of faith there that he could do it," said Lord.

Underdog story. In Lord's latest animated imagining, a nitwit pirate (voiced by Hugh Grant) pursues a pirate of the year award

STEVE GOW
scene@metronews.ca

Whether it's Wallace & Gromit or last year's Arthur Christmas, it seems the Aardman animation company deals in underdogs.

"I always do like those stories," said company co-founder Peter Lord recently in Toronto. "It's definitely not part of the mandate but it does come very naturally, I have to say."

Now with his latest turn directing The Pirates! Band of Misfits (in theatres this Friday), the Oscar-nominated filmmaker brings to life another lovable nitwit in the Hugh Grant-voiced Pirate Captain — a delightfully inept swashbuckler with eyes on the Pirate of the Year award.

"The Captain is an interesting (character) because he's the underdog but he's quite blind to it," explained Lord.

"He's very unaware of what's going on around him so his complete unfittedness to be Pirate of the Year — he doesn't see at all and I find that charming. Delusion is charming."

Half of the strange allure is in the simple archetype of the pirate. For decades, sea-faring buccaneers have been entertaining moviegoers of all ages — including Lord.

"It's as simple as this — kids like to see adults behaving badly," said the filmmaker. "These pirates, let's face it, they're not very dangerous, they're not going to hurt anyone. But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

DVD reviews

Contraband

Director. Baltasar Kormakur

Stars. Mark Wahlberg, Giovanni Ribisi, Kate Beckinsale

The proverbial "one last job" takes on family urgency when a former smuggling ace (Mark Wahlberg) is obliged to do a risky Panama run to save his wife (Kate Beckinsale) and kids from a vengeful drug lord (Giovanni Ribisi).

Director Baltasar Kormakur, who played the lead in the Icelandic original Reykjavik-Rotterdam, stays in close and dark in this heavily plotted drama, which doesn't really pick up steam until the final reel.

A smart tough-guy turn by Wahlberg gets good ensemble support (including Ben Foster and J.J. Simmons), all of which helps keep Contraband from being just another crime story.

So does the step-by-step procedural on the mechanics of smuggling, which perks interest even while the action threatens to flag. Extras include a director/producer commentary, deleted scenes and making-of featurettes..

PETER HOWELL

Scene in brief

Giuliana and Bill expecting

Giuliana and Bill Rancic are having a baby. The child will be born later this summer via a gestational surrogate, meaning the baby will be genetically theirs but carried by another woman. Last fall, 37-year-old Giuliana announced she had breast cancer and later underwent a double mastectomy. She did not need chemotherapy. Giuliana is the host of E! News. Bill is a 40-year-old entrepreneur and motivational speaker who won the first season of Donald Trump's The Apprentice. Together, they co-star in a reality show on the Style Network called Giuliana & Bill. Much of the show has been devoted to their fertility issues.

THE ASSOCIATED PRESS

On the web

Carrie Underwood, Miranda Lambert lead CMT Awards nominations

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The villain speaks: Tom Hiddleston reprises his role as Loki in The Avengers

Being bad. Actor from Thor has the tough task of taking on six superheroes at the same time

NED EHRBAR
scene@metronews.ca

Actor Tom Hiddleston says he was giddy after seeing the finished Avengers at the film's premiere. HANDOUT

It takes quite a villain to require the combined forces of six superheroes — someone out of this world, perhaps. Luckily, British actor Tom Hiddleston is up to the challenge, reprising the role of the mischievous Loki from Thor, this time setting his godlike sights on Earth. We caught up with Hiddleston the day after The Avengers premiere.

How was the premiere?
This is the first time I've been able to really talk about the film. I really only saw it for the first time myself (at the premiere), so I'm kind of giddy with it. What was the most thrilling thing for me was how much people laughed. The whole film is laced with a very particular [director Joss] Whedon humour, and I think he should be very proud of that. I remember laughing at the script, but sometimes those laughs are dissipated or diluted somehow in the shoot or the post-production. But the thrill of listening to a whole theatre laughing so loud that you couldn't hear the next line is really great.

Do you think a big summer blockbuster needs to have that balance of humour and darkness and action to really make it a big movie?
I don't know if it's a necessity. I mean, I've seen big movies that don't make you laugh. They're still fantastic, and they can move you in different ways. You know, I loved the Dark Knight, but I don't remember laughing particularly loudly at it. Is it funny? Are there laughs in it?

How is it reprising a role, but with a new writer and director? How does it compare going from Kenneth Branagh, who directed Thor, to Joss Whedon?
What's surprising to most people is that they actually have so much in common. Ken is actually a really populist cinephile. Every Friday night, he's at the pictures with his wife watching the most genre or populist thing out there. And Joss is a huge Shakespeare buff. They both have this amazing handle on what good drama is, and my good fortune is that Joss saw an early cut of Thor just as we were coming to the end of shooting and he loved it. He just really dug it.

Coulson: The glue that binds Marvel

Clark Gregg is probably best known for playing Agent Phil Coulson in Iron Man, Iron Man 2 and Thor. Now Coulson is assigned the task of shepherding all the Marvel characters together for The Avengers. Metro sat down with Gregg to talk about what it's like being the 'weird uncle' who babysits a bunch of superheroes.

You've appeared in most of these films as the guy rounding up the team. What's it been like from your perspective?
I wasn't quite sure how I was getting to be a part of this — it seemed so surprising. Something about the character was clicking. I was doing scenes in Iron Man 2 talking about going to New Mexico, and finally I pulled somebody aside and said, "What's in New Mexico?" And they were like, "Nobody talked to you? You're going to be in Thor. You're kind of in charge in New Mexico."

Do you have a favourite Avenger?
You know, it may sound like a copout, but Agent Coulson is not the father, certainly, of this dysfunctional family, but he is kind of like the weird uncle who babysits a lot. And I think there's a choice you make of just, "I'm never going to have a favourite." There's a special kind of snarky rapport with Tony Stark that Agent Coulson actually really enjoys.

NED EHRBAR

Clark Gregg plays Agent Phil Coulson. HANDOUT

Greta Gerwig in Damsels in Distress. CONTRIBUTED

Greta Gerwig is no Damsel in Distress

Playing Violet. The actress plays a fussy college coed in her latest film, but in real life has a disarmingly open demeanor

HEIDI PATALANO
Metro World News in New York

"I like the way her hair is," she says, with her eyes still focused intently on the screen in her hand. "I always get overdone for events and so I'm trying to look myself. I wanted to find a good example of Diane Keaton hair because she just had simple hair. It was never like, 'wooosh,'" she says, making a big sweeping motion over her head.

Spending time with Greta Gerwig feels much like visiting an old friend. Her calm, open demeanor is disarmingly familiar.

It's telling that of all people, she's trying for Diane Keaton's do — as the two seem to have a kinship for playing fidgety, awkwardly charming women.

Known for her roles in small indie films and, more recently, in broader releases like Greenberg and No Strings Attached, Gerwig is currently promoting Damsels in Distress, which was written and directed by Whit Stillman after his 12-year sabbatical from filmmaking.

She plays a fussy college coed, convinced that her campus would be a better place if everyone would tap dance, wear perfume and shower more often.

And though Gerwig and her character, Violet, don't have too much in common, they do share strong emotional and olfactory connections.

"When I got to high school, every boy wore Polo Sport to all the dances," she says. "To this day, Polo Sport still is one of my favourite smells because you never have crushes as intense as you have in high school and the smell of Polo Sport — it's kind of gross — I love it."

And if you're looking to befriend Gerwig, there's one go-to scent that will reel her in.

"All the girls wore Clinique Happy ... Even today if I meet a girl who is wearing Clinique Happy, I'll be like, 'Oh, she's really cool,'" Gerwig says, dead serious. "It has something to do with, 'All the cool girls wear Clinique Happy.' These scents stay with us."

Directors

Gerwig on comparisons between directors Whit Stillman and Noah Baumbach:

- "They're both very specific about their scripts — they want all their words said exactly as they wrote them. They do not want you to improvise. And they are tireless in terms of getting exactly the kind of performance that they want."

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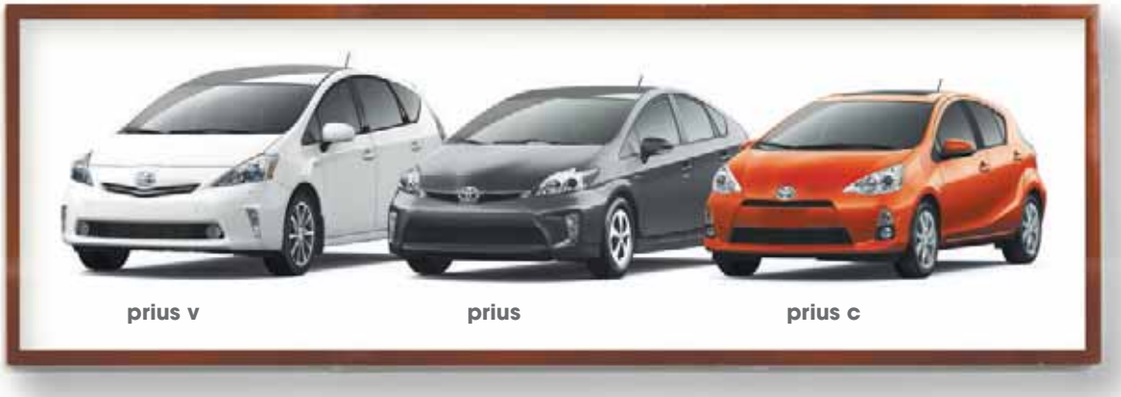

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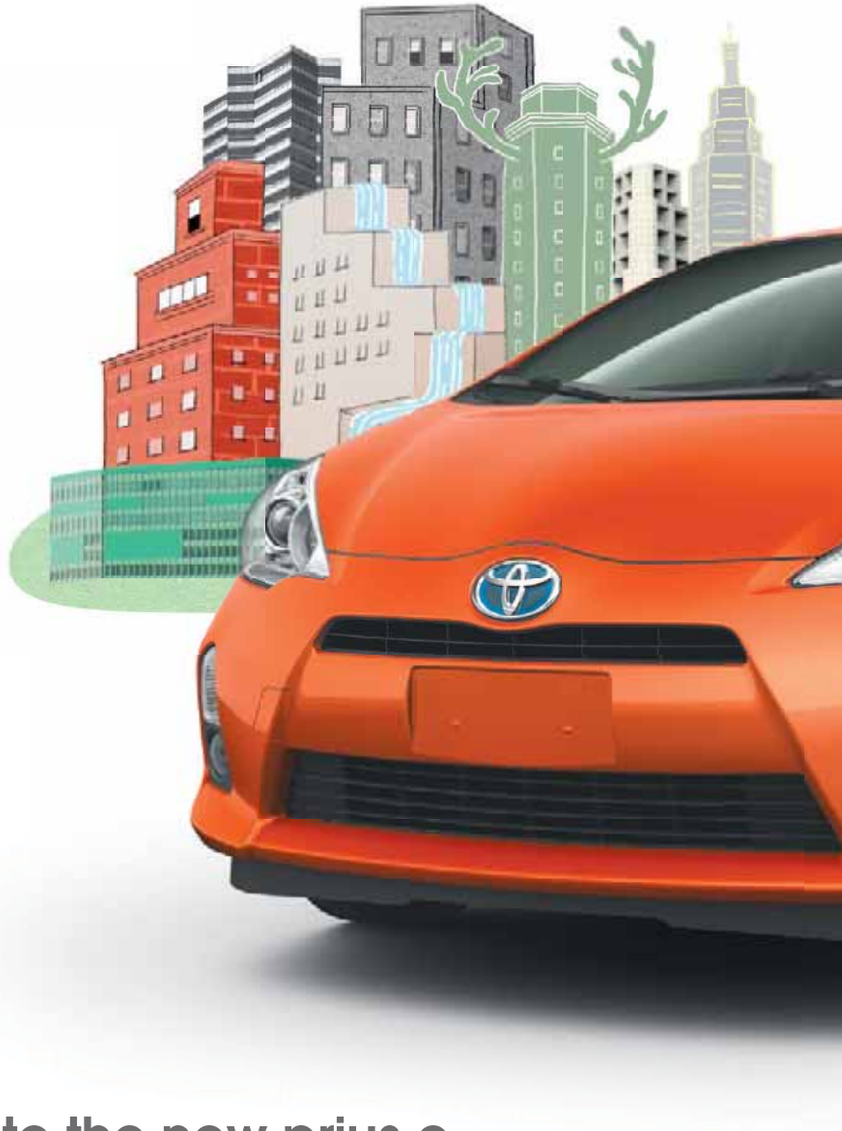

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Iconic Canadian singer/songwriter Gordon Lightfoot. CHRIS YOUNG/THE CANADIAN PRESS

Lightfoot looks back with All Live album

Canadian legend.
Initially disc was set for posthumous release, but is being released early as tribute to guitarist Clements

Whether faced with an aortic aneurysm or careless newspaper editors who've declared his demise before his time, Gordon Lightfoot has danced with death plenty of times before.

So it's more disarming than surprising to hear the 73-year-old Canadian songwriting legend speak so casually about his own mortality on a sunny spring afternoon at his home in north Toronto.

Even something as simple as his new live disc All Live seems inextricably bound to some grim concerns. Initially, the album was intended for posthumous release — in Lightfoot's own words, it was to come out "after (he was) pushing up daisies."

But it's coming out on Tuesday instead, only because his longtime guitarist Terry Clements died last year and Lightfoot didn't want any confusion over who was behind the recording's ethereal lead guitar.

Sadness seems to have motivated Lightfoot. He's had enough close calls for a lifetime, and is now determined to make the most of the life he has left.

"I'm fully prepared to go whenever I'm taken," said Lightfoot. "I've been almost dead a couple times, once almost for real ... I have more incentive to continue now because I feel I'm on borrowed time, in terms of age."

But before Lightfoot can move forward, he wanted to look back.

All Live consists of 19 recordings handpicked by Lightfoot, all recorded within the warm confines of Toronto's legendary Massey Hall, captured between 1998 and 2001.

It's easy to understand why Lightfoot felt that was the optimal period from which to draw.

Less than a year later, he suffered the aneurysm and went on to endure a coma, more surgery and a rehabilitation period that he says stretched for two and a half years.

He says that health scare took "some of the starch" out of his voice, while another ailment in 2006 — a transient ischemic attack, or minor stroke, that hit Lightfoot onstage — affected his ability to play his guitar for a time. He dismisses the seriousness of this second incident now.

"That little stroke I had up north was nothing," he remarked with a degree of defiance. "I fought my way back in seven or eight months."

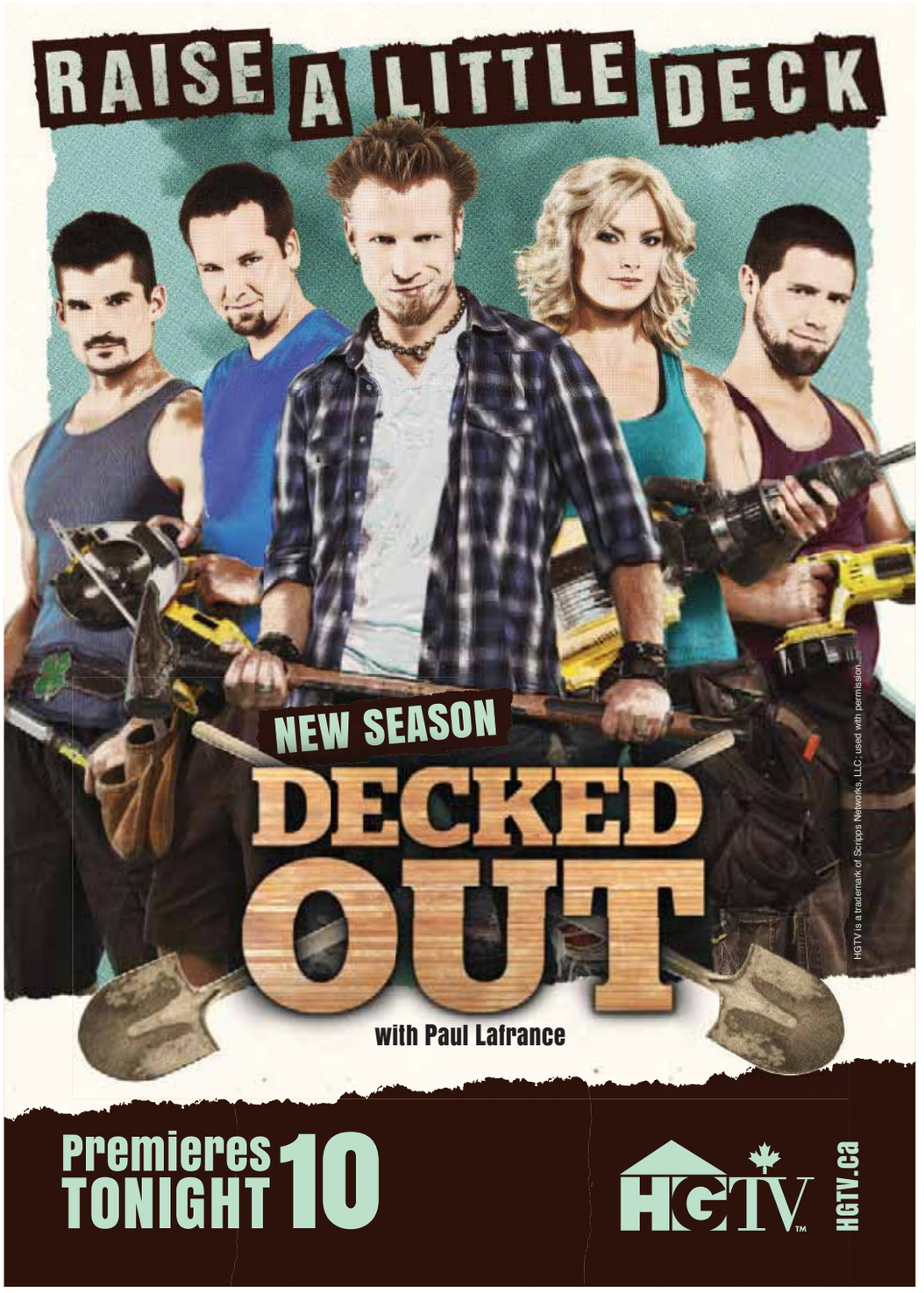
Lightfoot has said many times that he doesn't plan on recording albums of new music, so it's his live performances that are the focus now.

He performed more than 60 shows across North America last year and he has dozens more dates scheduled through the summer and fall, including June shows in Montreal and cities across Ontario.

THE CANADIAN PRESS

On mortality

"I've been almost dead a couple times ... I have more incentive to continue now because I feel I'm on borrowed time."
Gordon Lightfoot



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Musician shines as soloist, but likes to share spotlight

Esperanza Spalding.
Jazz singer and bassist prizes playing with other musicians, but it was her Oscar solo spot that got big buzz

LINDA LABAN
Metro World News in Boston

Esperanza Spalding. GETTY IMAGES

Esperanza Spalding isn't about being a lone star. Above all, the jazz singer and bassist prizes playing with other musicians and sharing the experience.

That includes her special performance of Louis Armstrong's What a Wonderful World at the 2012 Oscars in February.

"It certainly was special, but ... it was a surprise. I went just to play bass. It was supposed to be a collective effort that Hans Zimmer imagined," says Spalding of the musical director.

"We wanted it to be everyone just playing together. The camera didn't show that, but that's what I signed up for. Then I was asked to sing with the children's choir. That was such a small part. I had played bass all night in the orchestra with these wonderful musicians."

Spalding's team-player attitude spreads to her spring tour for her fourth album, Radio Music Society, when her band includes almost a dozen players. Still, it was her Oscar solo spot that gave her big buzz.

"It was really great exposure for me. It was great to be a part of it. I got to hang with Billy Crystal," she says.

"He did an amazing job hosting; he totally nailed that singing part. He's awesome."

Beliebers, you are all forgiven

Another awards show where Spalding "got noticed" was the 2011 Grammy Awards when she beat favoured winner Justin Bieber for Best New Artist.

Beliebers in turn hijacked her Wikipedia page and wrote snotty comments in ALL CAPS. But Spalding brushes that off as over and done with.

"No one got hurt. It was fine. I'm sure when I was younger there was someone who was my world and I would have been upset like that," she says.

Who? She thinks and thinks, but she's got nada.

"I suppose I was just always into music. I would obsessively go from artist to artist. But I never had posters on my wall. I never had a crush like that."

Twitter

@octaviaspencer
very little tv here in Prague, so I am sure to be productive! still jetlagged. lots of rain in London

@ConanOBrien
Just heard the craziest recording of Mel Gibson speaking in calm and measured tones.

@adriengrenier
Thanks #TSA for another 'guilty until proven innocent' pat down at the airport. If we sacrifice freedom 4 safety & we sacrifice both.

Sweet Katie, bah, bah, bah

Neil Diamond married his manager, Katie McNeil, this weekend in an intimate ceremony in Los Angeles, according to Us Weekly. The Sweet Caroline singer is 71, while McNeil is 42. Diamond took to Twitter last September to announce the engagement, posting, "Good news coming from sunny L.A., and you're the first I want to tell. Katie and I just got engaged, and I hope you wish us well."

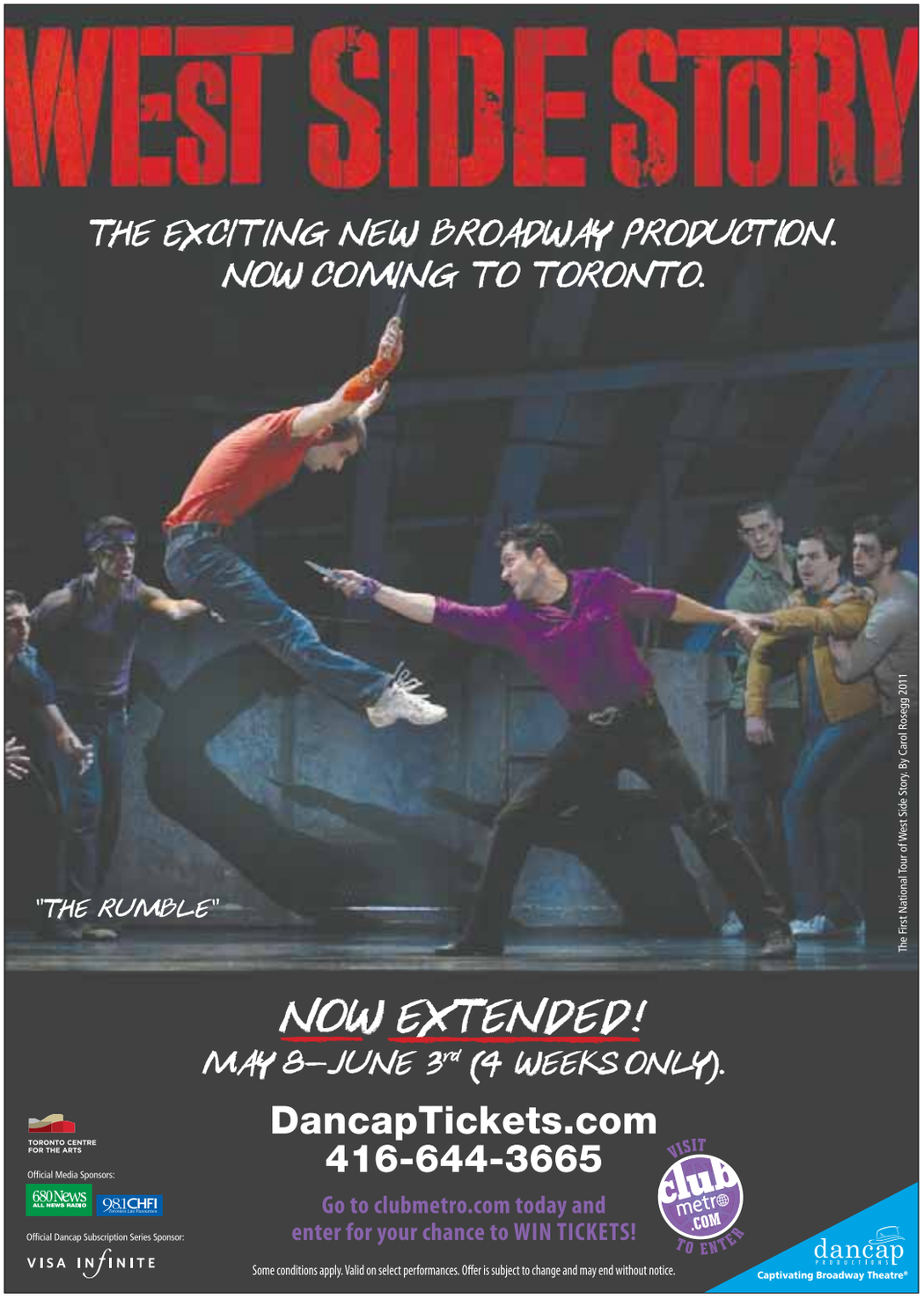
Handler vs. Jolie rematch

Chelsea Handler

Chelsea Handler isn't letting go of her grudge. When asked in an interview with More magazine who she thinks is the opposite of a girls' girl, Handler says, "Probably Angelina Jolie. She doesn't strike me as someone I would have a close friendship with."

Last year, Handler, a close friend of Jennifer Aniston's, turned heads when she labeled Jolie "a home-wrecker."

Angelina Jolie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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

THE WORD
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Drive it like Beckham

For only $129,000, you can purchase an SUV designed by Victoria Beckham.

Because the rich don't have enough nonsense to spend their money on, Range Rover commissioned the former Spice Girl to help design a very limited edition of their new SUV, the Evoque.

Only 200 such vehicles will be made, with a price tag that is twice the cost of a regular model.

Does it matter that Beckham has zero experience in designing cars? Of course not!

"I did a lot of research — not just with cars, old and new, but boats, planes, movie stars, different locations," she told Reuters on Sunday in an interview in Beijing, where she was promoting the vehicle.

According to Reuters, the Beckham-designed vehicle features gold accents on the grille and gloss-black forged alloy wheels, as well as "vintage-inspired leather seats, rose gold-plated accents and … trimmings of black lacquer, textured aluminum and mohair."

"I want a car that reflects my personality. I'm really proud of this car," she told the Daily News.

Funny. You think a car that reflects Victoria Beckham would look eternally grumpy and be so tiny you could never fit into it.

Victoria Beckham
ALL PHOTOS GETTY IMAGES

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WHEN TO SELL YOUR GOLD

THERE HAS NEVER BEEN A BETTER TIME TO CASH IN ON JEWELRY, COINS AND OTHER PIECES THAT CONTAIN THE PRECIOUS METAL

Although the price of an ounce of gold has dropped significantly since November 2011, it still stands at more than $1,600, a three-fold increase since 2006.

Given these prices, it should come as no surprise to learn that the market for recycled gold (recovered from jewelry and other pieces) is strong. So how can you tell when the time is right to sell your gold?

People tend to buy gold either as an investment (e.g. gold bars, coins) or as an expression of affection (wedding ring, necklace, watch). For people who bought gold as an investment, deciding to sell can be relatively easy; if the value of your gold has increased enough and you feel you can do better by investing the money elsewhere, it's clearly time to sell. For those who bought gold for sentimental reasons, though, it can be a much harder decision. How do you feel about the piece now? If you sell, will you miss it a few years down the road? Bottom line: If the feeling is gone, so too is the reason for keeping the piece.

WHY SELL?

The most common reason people sell gold, of course, is that they need the money. Another reason to sell is if the gold is in a piece of jewelry that is damaged or broken.

If you have earrings without mates, for instance, a brooch with a clasp that no longer closes, an old watch that no longer tells time accurately, or a chain that is too twisted and kinked to wear, it may be a good time to sell. Jewelry repairs can be prohibitively expensive. A third common reason to sell is that the jewelry has gone out of style. The market for older jewelry is small, while there are many buyers for precious metals.

If you do choose to sell, make sure to shop around for a reputable buyer.

– Peter Doyle

WHAT DO GOLD BUYERS LOOK FOR?

A gold piece usually has a hallmark — a stamp identifying the percentage of gold it contains. Look for these hallmarks: 8kt, 9kt, 10kt, 14kt, 18kt, 21kt, 22kt 24kt, 417, 585 or 750. Gold buyers will not be interested in pieces marked with 1/10 GF, 1/20 GF, EGP or GP.

FORTUNE OR JUNK?

Here are some tips to separate the near worthless costume jewelry from the more precious pieces — and for the most part, you don't need any fancy equipment. Put a magnet (any one will do, even a fridge magnet) near each piece of jewelry. Precious metals don't stick to a magnet, but most costume pieces are made of steel. So if that ring sticks to the magnet, it's probably not worth much.

Use a magnifying glass (again, almost any one will do) to inspect the pieces that didn't stick to the magnet to determine their karat (kt). The mark is typically not readily apparent — on the inside of the back of a ring, for example — and may be worn off or too small to see with the naked eye.

Separate the pieces into piles of different karats since each has a different weight. Gold jewelry can vary from as low as 8 karat to up to 24kt, but in Canada most jewelry is made of 10kt, 14kt or 18kt gold. Weigh the various pieces separately on a scale that is calibrated in grams. Many ordinary kitchen scales have this capability (gold prices are quoted in troy ounces, each of which is equivalent to 31.1045 grams).

– Pauline Anderson

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3 LIFE

Controversial claim

Will new study hold water?

Thirsty? Scientists from the University of Bristol in England claim that proteins (molecules that allow us to convert food into energy, supply oxygen to our blood and muscles, and drive our immune systems) may not be dependent on water to survive and function. The controversial statement is currently challenging one of the key beliefs in chemistry.

METRO WORLD NEWS

On the web

Spiritual guru Deepak Chopra takes pointers from Oprah on her 'Lifeclass' tour

Triple threat

Scarlett Johansson

Having lost 10 pounds for the role in Iron Man 2, Johansson got back into kick-ass shape thanks to extensive martial arts training.

Robert Downey Jr.

His trainer, Brad Bose focused on resistance training using the rowing machine and treadmill and put him on a protein-rich diet.

Chris Evans

Evans' trainer, Simon Waterman, was told to make him look "lean, big and strong." After lots of squats and deadlifts, his body fat dwindled to 8 per cent.

Chris Hemsworth plays Thor, the hammer-wielding God of Thunder. HANDOUT

Try the Thor workout

Celebrity fitness. Want to get Thor-sized biceps and a chiseled Thor-so? His personal trainer shares secrets to getting ripped

ROMINA MCGUINNESS
Metro World News

All Gods have superhuman qualities. In Thor's case, he has superior strength and speed — and major biceps. Unfortunately, we mere mortals — including Hemsworth — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender," he says. "Combining the two physical attributes isn't so easy, as it requires merging two different body types. However, it's not impossible."

To solve this problem, Knight created a system that can make you both lean and muscular.

How to get into superhero shape

Knight treated Hemsworth like an off-season bodybuilder:

"First I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

PHASE ONE: The 'Building'

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish get-ups, windmills, bum squats and pull-ups. To add bulk, Knight integrated kettlebell weights, a great metabolic tool that builds up core strength.

According to Knight, the heavier a kettlebell, the safer.

"Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift," he warns.

Food for the Gods

What you eat is crucial if you want to be strong.

"Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pounds a week. Towards the end of training, he was eating 6,000 calories a day, but working out so much that he was burning them right off. His diet included huge quantities of grains, vegetables, lean protein and potatoes, on top of getting plenty of water and rest," Knight said.

By this point, Hemsworth was ripping through the arms of his Thor costume. Knight then had to get him back down to size.

PHASE TWO: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat-loss plan.

He focused on 'infusion' training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledgehammers, log presses, prowler sprints and kettlebells.

"I had to get Chris moving quickly and constantly. Can't do a push-up? Hold a plank — so long as you keep doing something," says Knight.

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Spring into new season by pet-proofing

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Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health magazine, we include information not only on how you can live your healthiest life, but we find expert tips on keeping your pet safe, too. In the May issue, on newsstands now, freelance writer Jackie Middleton looked into potential dangers that spring could bring.

Plant with pets in mind

Plant safely, says Dr. Jim Berry, a veterinarian who is vice-president of the Canadian Veterinary Medical Association. Ensure that lilies, hyacinths, daffodils and tulips are out of reach of inquisitive pets. Chewing on flowers, leaves or bulbs of these plants exposes your pet to toxins that can cause excessive vomiting and diarrhea, or even death.

Pet-friendly lawn

Avoid insecticides, herbicides, cocoa mulch or slug bait. Even relatively safe garden products like fertilizer with bone meal, and cedar mulch, can cause life-threatening health problems such as intestinal blockages if eaten by your pet. Ask at the garden centre about pet-friendly products.

Pet-proof your shed or garage

"These are no-go zones for pets," says Berry. Sharp tools such as shovels, pruning shears and rakes pose cutting hazards.

Antifreeze, mice or rat poison and barbecue briquettes can be lethal if ingested.

Finally, also check your fence to ensure winter's wear and tear hasn't created any pet-sized escape routes.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Thoughts on...

Awakening to the present moment

Any moment can bring an awakening to what really matters.

It's the moments when you engage yourself completely, nothing in the future exists and nothing in the past is holding you back.

While it might be a challenge to always be present, or remain open to an awakening, you can start small.

As you go about your day, try to be aware of what you're doing, seeing or feeling — be it driving, the colour of a flower, even the scent of rain. Be aware of your surroundings. Pay attention to every moment, but don't fight what is.

By simply accepting each moment, you'll be surprised at what the day has to offer you.

You'll find that by living in the now, it awakens you to the beauty that is your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

Quote

As you go about your day, try to be aware of what you're doing.

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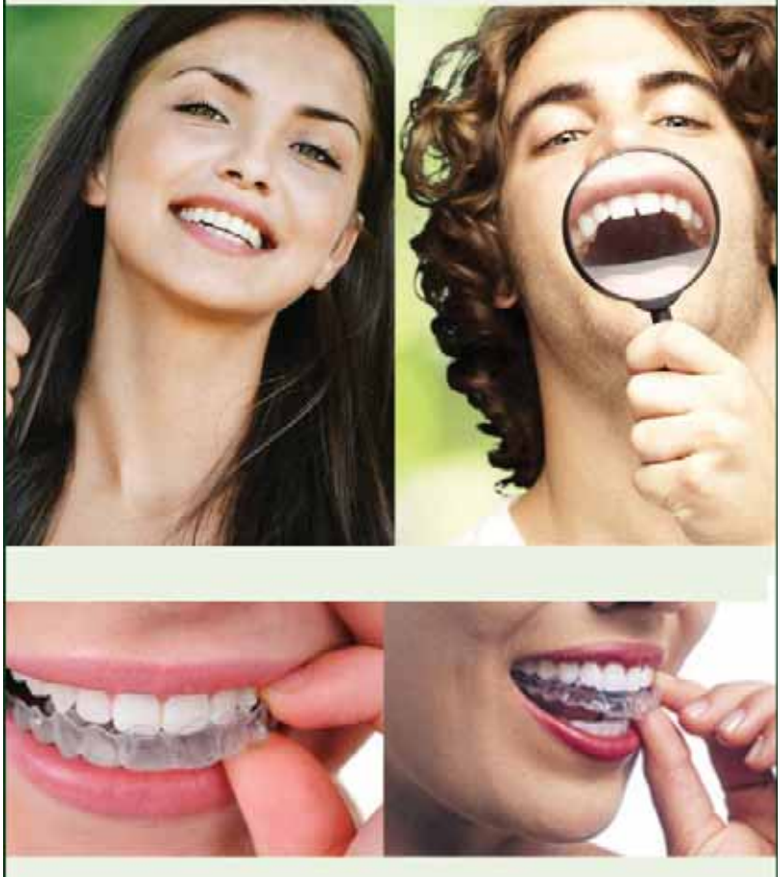

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SCANDINAVIA'S #1 SELLING CHILI FAT BURNER

Burn calories - burn!

The Scandinavian company New Nordic has launched the new **Chili Burn™** tablet you need to lose your belly fat. Here are 4 compelling reasons to run to your pharmacy and pick up a box of Chili Burn tablets:

- IT BURNS FAT AND CALORIES
- CLINICALLY PROVEN INGREDIENTS
- IT PROMOTES A LEAN BODY
- STOMACH FRIENDLY COMPOSITION

Ruth burned away her belly-fat and fits into her wedding dress again!

Ruth feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Ruth's story

"After having 5 children, I had a hard time burning that extra fat. As the years progressed, I never viewed myself as being overweight, but I always struggled with fat on my stomach. At 55, I found myself constantly dressing to disguise my belly, staying away from tight clothes and the like.

People noticed my new figure

I read about **Chili Burn** in a magazine and thought I'd give it a try. I purchased the supplement at my local pharmacy and started taking it in July 2011. Now, 6 months later I have lost my belly fat and people really notice it. They all want to know my secret, so I recommend **Chili Burn** to family, friends, and acquaintances and really encourage them to try it out. This product will suit anyone who would like to burn fat with natural ingredients and be side effect free. I highly recommend it."

Ruth Veldstra, Hagersville, Ontario

Don't be fooled by other products:

Look for the New Nordic silvertree logo. All fat burners are not alike and Chili Burn is the only one with this composition. It's imported from Scandinavia.

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The Commissary serves up trendy bites in Leslieville

Shrimp Flatbread ($11) STEPHANIE DICKISON

LUNCH RUSH
Stephanie Dickison
life@metronews.ca

The Commissary is worth visiting.

Its minimalist, but sweet corner space and intriguing menu makes for a lovely meal in Leslieville — one of the hottest neighbourhoods in the city of Toronto right now.

A large bowl of creamy Corn Chowder and Chorizo ($4.50) tastes just like corn off the cob with butter.

Comforting, but a little bit flat, it just needs a nudge of seasoning to reach perfection status.

Handcrafted Shrimp Flatbread ($11) features a thick teardrop-shaped crust topped with mozzarella and tomato sauce, studded with garlic shrimp, cherry tomatoes, goat cheese and fresh tarragon. Decadent, no?

But the star of the meal happens to be a salad.

Watercress, Jicama & Granny Smith Apple Salad (Main $7/Side $5) is enlivened with a bodacious honey and apple cider dressing and sweet and spicy almonds.

With a menu featuring everything from Lobster Bisque, Curried Shrimp & Melon Salad and Butter Chicken Flatbread, you're bound to find something of interest to whet your appetite at The Commissary.

Visiting the restaurant

The Commissary

Address. 889 Queen St. E. (at Logan)

Phone. 416-477-3393

Website. thecommissary.ca

Hours. Weekdays from 11 a.m. Weekends from 10 a.m.

Rating. 4/5

Reservations. Yes

Licensed. Not at the time of writing, but any day now

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. No

Time in. 1:26 p.m.

Time out. 2:29 p.m.

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Ah, the old monetary wedding gift — in cheque form, of course. ISTOCK

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I recently got this mass email from a friend who just got married, and would really like to know what you think? Personally, I am offended. Thanks, Lisa

"I'm sending this message to all of you who gave us money for our wedding gift (the best gift of all if you ask me!). Some of you gave cash and some gave cheques, but I'm not sure who gave which. Of the cheques, some were made out to my maiden name and I was unable to cash them since I couldn't change my name with the bank until a few days ago (had to wait for the marriage certificate to do so). Now that I am able to cash them, I'm unable to find that special spot where I kept those cheques! If you provided us with a cheque made out to my maiden name, we would appreciate it if you could please provide us with a replacement cheque.

Dear Lisa,

Wow — what a conundrum, to say the least. I sincerely feel sorry for the bride, as I am sure she needs the money and it would help her as she starts her new married life.

However, despite the bride being wrong, if by chance you gave a cheque and know that it has not been cashed, I would personally replace it and move on.

She doesn't know any better, so best to just leave it. And wish her the best as she starts her married life with her new husband.

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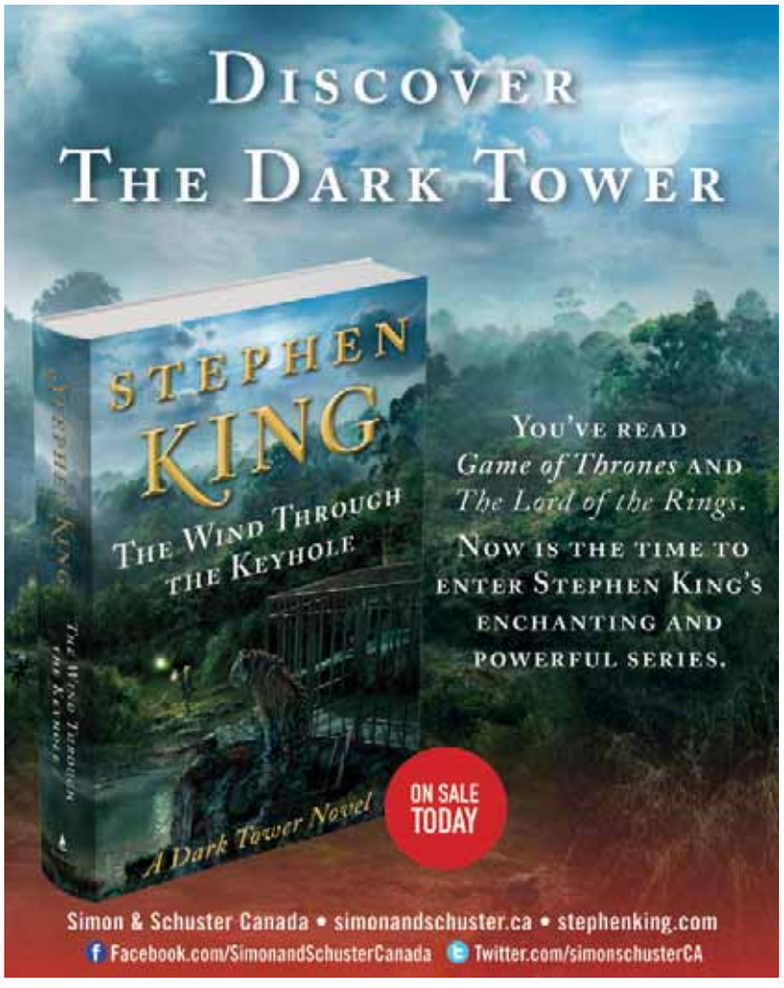
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Getting your head out of the clouds may mean having to build up a sense of independence. ISTOCK

When 'work is killing me' rings all too true

Where to turn? Study shows that feeling chained to a job may affect your health

CELIA MILNE
life@metronews.ca

How is your job going? Could you find another one if you wanted to?

If you only stay at your workplace because there's nowhere else to go, burnout may not be far behind.

Researchers at Concordia University in Montreal surveyed 260 workers from various industries, such as IT, health services, engineering and architecture. They found out that feelings of being trapped or strongly obliged to stay at their job is linked to rockier health status.

Glass half-empty

"Two people could have the same job and only one is pessimistic. It's the perception of whether there are alternatives."

Alexandra Panaccio, assistant professor of management, Concordia University

"People who sense they have a lack of alternatives are likely to experience exhaustion," says Alexandra Panaccio, assistant professor in the department of management at John Molson School of Business, Concordia University in Montreal, one of the authors of the study.

"Concretely, it means you are tired in the morning and drained at the end of the day. This will lead to physical symptoms," she says.

Signs of burnout include sleeping issues, heart problems, weight concerns and tension headaches.

Interestingly, it's not the job itself that matters, it's how you perceive your status there.

"Two people could have the same job and only one is pessimistic," Panaccio says. "It's the perception of whether there are alternatives."

Learning to relax

Alexandra Panaccio suggests that anyone feeling caught in their current job focus on training.

- "Try to be in a situation where you feel confident you could find another job if you needed to," she says. Paradoxically, she adds, employees who develop their competencies, giving them a sense of freedom to find another job, are more likely to stay at their present job.

The study was published in the journal Human Relations.

On the shelf

The Fire Starter Sessions

Danielle LaPorte's new release The Fire Starter Sessions is a book about success — what it is and how to get it.

Riddled with humour, LaPorte shares her personal experiences of achievement and loss, giving a personal, intimate feel to the advice in her book. Inspirational quotes break up the short chapters, each with their own tongue-in-cheek titles like "Competency is for suckers" or "The cheap kind of easy." There are 16 "sessions" in total, each dealing with their own, unique subject. **DELIA MACPHERSON**

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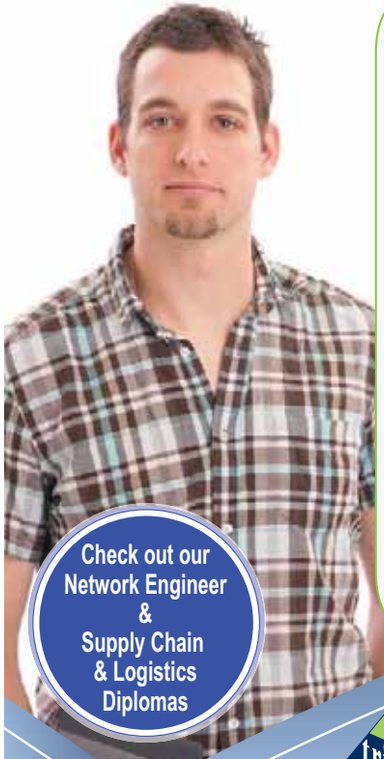

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Workplace Law

Have you tried helping your employee to rectify their wrong move? ISTOCK

How many mistakes does it take?

WORKPLACE LAW
Daniel Lublin
dan@toronto-employmentlawyer.com
Twitter: @danlublin

In this column, I have consistently opined that incompetence is not usually cause for dismissal and that poor performance should not affect severance. But I must admit that the law is not always this clear. What happens when a new recruit cannot perform the job he or she was hired for, despite training, patience and an investment in their performance? Unsatisfied clients have criticized the staffer and you regret giving that person the job in the first place. This human resources dilemma is not isolated — both employers and even other employees complain about it often.

The biggest difficulty is although this employee should be fired immediately, most employers allow him or her to linger, dissuaded from taking action because of the potential severance costs and the lost time and investment to find another suitable replacement. As a workplace lawyer and a business owner, I can say that mostly this just compounds the problem, since their performance is unlikely to ever satisfactorily improve. The following are some alternative options employers utilize to deal with this problem:

• Is the employee "probationary?" If so, he or she can be fired with impunity. But note that this label cannot be imposed because the employee turned out to be incompetent. Most employers fail to appreciate that, in order to create a probationary employee, the employee must agree to this stipulation in an employment contract and before he or she begins any work. Otherwise it is too late.

• Spend the time required to correct his or her performance. This option is too often overlooked. If an employee is underperforming, they most likely know it, too. It is their job to ask for assistance as much as it is the employer's job to clearly delineate what standards are required. This process involves more than a performance meeting. The employee should job-shadow a supervisor.

• Make it clear to the employee that the job will soon come to an end. The goal is to provide enough time for them to look for other work while they still have a job. If this occurs quickly, then they can gracefully resign. However, if this advice is communicated improperly, it could easily backfire into a lawsuit. The key is to get good advice yourself.

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Buying a house? Don't go to the bank

Mortgage alternative. An independent mortgage broker often has access to better rates and more flexible repayment terms

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

I sold my property last week and I'm in a mad scramble to find a new home. With my wish list in hand and a pre-approved mortgage under my belt, I'm confident I'll eventually find what I'm looking for.

Much to the chagrin of my financial planner, a bank employee, I've decided to use an independent mortgage broker rather than getting my mortgage from the bank.

Based on my research, mortgage brokers often have access to better rates and more flexible repayment terms.

Mike, my broker and an old pal from university, walked me through the pre-approved application process and reviewed my commitments to the bank where my existing mortgage resides. He then shopped my application around to multiple vendors and came back less than 24 hours later with a rock-bottom rate.

An independent mortgage broker isn't tied to any financial institution and instead works on your behalf, rather than the lender.

Because they are not employees of a lending institution, mortgage brokers are not limited in the products they can offer you.

They can seek out the best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies and insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

In most cases, mortgage brokers are free. When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender based on size of the mortgage, not the rate.

If you're thinking of using a mortgage broker, choose wisely. Get referrals from trusted friends or family members. Do your research in advance of meeting with them; know about current rates and structures. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

I love saving money, and based on my recent first-hand experience, using a mortgage broker will save me tens of thousands of dollars.

An independent broker isn't tied to a financial institution. ISTOCK IMAGES

Effecting change

Make your consumer voice heard

YOUR MONEY
Alison Griffiths
money@metronews.ca

Consumers can use spending as leverage. ISTOCK IMAGES

You have tremendous power as a consumer when you use spending as leverage.

Gasoline prices recently hit $4.93 a gallon in L.A. While Republicans are trying to pin it on President Obama, something amazing is occurring: American consumers are taking action. Through a combination of driving less and purchasing more fuel-efficient cars, they're using dramatically less gas.

According to the Federal Highway Administration, as of Jan. 1 the total number of vehicle miles driven was lower than any year since 2004, and gasoline consumption is down six per cent since 2007.

The mini-revolution taking place south of the border reminds us that though we often feel impotent as consumers, we do have the power to effect change. Here are three ways I'm going to make my consumer voice heard.

1. Say no to non-recyclable plastic containers

It drives me nuts that my favourite organic yogurt comes in a non-recyclable container. The company is negating the organic good by using the wrong type of packaging.

I will stop buying that brand and write a letter to the company to tell them why. From my experience, smart businesses pay close attention to each missive.

2. Cut my gas consumption

I already own a five-year-old Camry hybrid and I just replaced my 10-year-old farm truck, a Toyota Tundra, with a Ford 150 equipped with the Eco boost six-cylinder engine. It tows better than the eight-cylinder and gets almost twice the gas mileage.

Even so, I think I can conserve even more by cutting down on unnecessary trips, doing a longer list of errands each time I'm out and easing up on my pedal-to-the-metal tendency (my husband will be so pleased).

3. Deep six the phone companies

I'm sick of expensive phone service, the arcane complexity of the packages, numerous billing mistakes and interminable waiting in telephone queues to get service.

I intend to investigate alternatives such as Vonage, Skype, Convergia and MagicJack and perhaps move to a text-only cellphone package. If you have made the switch, let me know.

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4
SPORTS

AHL

Marlies heading to second round

The Toronto Marlies swept the Rochester Americans out of the playoffs with a 3-0 win on Monday in Game 3 of their first-round series. Philippe Dupuis, Jerry D'Amigo and Nazem Kadri supplied the offence. THE CANADIAN PRESS

MLB

Jeter puts four on the floor for Yanks

Derek Jeter had four hits to stretch his hitting streak to 13 games, Alex Rodriguez belted career home run No. 632 and the New York Yankees beat the Texas Rangers 7-4 on Monday night.

CC Sabathia struck out eight over eight innings for the win against the Rangers who have won their first five series this season. THE ASSOCIATED PRESS

Eduardo Nunez, left, and Derek Jeter on Monday. GETTY IMAGES FILE

MLB

"It's a very hard day for me. It's been a great, great run.... It's been beautiful."

Ivan Rodriguez. The 14-time all-star catcher announced his retirement Monday, ending a 21-season playing career spent mostly with the Texas Rangers.

NBA

76ers flatten Nets to take final game in New Jersey

The Philadelphia 76ers nailed down the last playoff berth in the Eastern Conference and spoiled the Nets' final game in New Jersey with a 105-87 win Monday night. THE ASSOCIATED PRESS

Rangers take Sens to Game 7

Derek Stepan celebrates the Rangers' first goal against the Senators Monday at Scotiabank Place.
JOSE F. MORENO/THE COURIER-POST/THE ASSOCIATED PRESS

NHL. Richards, Stepan help New York avoid elimination and send series back to Madison Square Gardens

Put the upset on hold. The Ottawa Senators are going to have to win another game on Broadway to slay the Beasts of the East.

Brad Richards had a big goal and an assist while Derek Stepan added three points as the New York Rangers staved off elimination Monday with a 3-2 victory over Ottawa.

The series will be decided by Game 7 at Madison Square Garden on Thursday night.

Not even the return of captain Daniel Alfredsson in front of the fired-up home crowd at Scotiabank Place could spark the Sens to the final victory needed to eliminate the top seed in the Eastern Conference. Chants of "Alfie! Alfie! Alfie" rang throughout the building to add even more emotion to the occasion.

But it was some of the Rangers slumbering scorers who answered the bell, with Stepan, Richards and Chris Kreider scoring goals during a momentum-swinging second period.

Chris Neil and Jason Spezza replied for Ottawa.

It was yet another game played in the mud and the trenches, which seemed to be just as the Senators wanted it. The underdogs had gained an upper hand in the series largely because of role players like Neil, who made a noticeable impact once again in Game 6.

The momentum seemed to be completely in Ottawa's favour when the first intermission hit, especially with goalie Craig Anderson locked into a lengthy shutout streak and looking sharp once again.

But the Senators lost their focus in the second period and saw the tide turn with the referees giving the Rangers four power plays in the frame.

A controversial call helped put the Rangers ahead for good.

New York received a lengthy 5-on-3 after Nick Foligno was sent off for goaltender interference — replays showed two Rangers players guiding him into Lundqvist — and Richards took advantage of the extra space by skating off the wall and beating Anderson high at 17:08. THE ASSOCIATED PRESS

By the numbers

11:11

Fans have come up with a way to honour what may be captain Daniel Alfredsson's final NHL season: When the game clock reaches 11:11 — Alfredsson wears No. 11 — the fans count down before repeatedly chanting "Alfie! Alfie! Alfie!".

Quoted

"Many have characterized Nik's death as a 'freak' accident. Such a characterization distorts the truth and does a serious disservice to Nik."

A statement released Monday by legal firm Danson Recht for the family of Nik Zoricic. They're challenging the claim from the Canadian skiing team that his fatal crash in a World Cup skicross race in Switzerland last month was a "freak" accident. Zoricic sustained head injuries when he fell into safety netting on landing wide right off a jump approaching the finish line at Grindelwald. He was 29. The Zoricic family's lawyers, however, said that "a more informed and honest discussion is needed."

Zoricic's parents, Bebe Zoricic and Silvia Brudar, are scheduled to speak at a news conference in Toronto on Wednesday alongside counsel Timothy Danson.

On the web

Albert Pujols got $240 million US to come to Los Angeles as a free agent in the off-season, but he has yet to hit a home run in an Angels uniform in 2012. The slugger is mired in the second longest homer-less drought of his career and that is just one of the Angels' worries. Scan the code for the story.

NHL. Canucks try to come to grips with early ouster

Now, the soul-searching begins for the Vancouver Canucks.

A season that began with hype and hope ended Sunday in disappointment and dismay. The Canucks lost 2-1 in overtime to the Los Angeles Kings in the fifth game of their Western Conference quarter-final series.

The underdog Kings only qualified for the playoffs in the final days of the regular season. But they beat a favoured Canucks squad that finished atop the NHL's overall standings for the second straight season by a decisive 4-1 count in the best-of-seven series.

"We're all very disappointed with how things turned out right now, and (we're) just going to step back and figure things out," said coach Alain Vigneault. THE CANADIAN PRESS

Vancouver's Henrik Sedin shakes hands Sunday with Kings goalie Jonathan Quick. RICH LAM/GETTY IMAGES

MLB

Explanation in Braun drug case to be shelved?

People familiar with the case say there may never be a written decision explaining why Ryan Braun's drug suspension was overturned.

The arbitrator who threw out the 50-game suspension of the NL MVP has been asked by the players' union and management to hold off giving his reasoning while they negotiate changes to their rules for collecting specimens. THE ASSOCIATED PRESS

Clemens. Gloves come off in opening statements

Prosecutors are painting Roger Clemens as a man who told lies and tells "other lies to cover up lies" after the court seated a jury that includes seven people who said they've never heard of the seven-time Cy Young Award winner now being retried on charges of lying to Congress.

Prosecutor Steven Durham made his opening statement Monday. He called Clemens a "great baseball player" who engaged in a "story of deceit and dishonesty and betrayal" instead of acknowledging alleged use of steroids and human growth hormone.

Back in court

Roger Clemens is accused of lying when he said he never used steroids or HGH at a 2008 congressional hearing and at a deposition that preceded it. The case is back in court after a mistrial last year.

On the fifth day of the trial, the court finally seated 12 jurors and four alternates. The 10 women and six men mostly said they didn't follow baseball or know much about Clemens. THE ASSOCIATED PRESS

World Peace faces discipline for elbow shot

NBA. Lakers forward has checkered past

The Lakers jersey says World Peace on the back. The player wearing it is still Ron Artest, and he's in trouble again with the NBA.

Metta World Peace was pounding his chest with his right arm in celebration of a dunk over two opponents Sunday when his left arm suddenly flew out, landing a vicious backward elbow to James Harden's head and dropping the Oklahoma City guard to the hardwood.

Fans watched in disbelief the latest act of violence by a player who changed his name last year to promote peace.

World Peace is likely to be sidelined when the Lakers open the post-season this weekend, and possibly longer. He claims he accidentally clipped Harden while celebrating a dunk, yet given his history, not even his teammates have any idea why he lost control for an inexplicable instant.

"It was unfortunate that James had to get hit with an unintentional elbow," World Peace said. "I hope he's OK."

He undid much of the goodwill created by his notable charity work when he knocked Harden out of the late-season game, giving him a concussion. Harden underwent tests Monday and will be re-evaluated today. THE ASSOCIATED PRESS

Fight at the Palace

World Peace's upcoming suspension will be just a fraction of the 86-game ban he received in November 2004 when he jumped into the stands at the Palace of Auburn Hills to fight fans, precipitating perhaps the ugliest brawl in North American sports history.

Metta World Peace leaves the court Sunday in Los Angeles.
STEPHEN DUNN/GETTY IMAGES

Raps offence sputters vs. Bucks

James Johnson, left, and Ersan Ilyasova battled it out Monday in Milwaukee. The Milwaukee Bucks beat the Raptors 92-86 in Toronto's last road game of the season. MORRY GASH/THE ASSOCIATED PRESS

NBA

Bobcats' Thomas ejected for throwing elbow

Charlotte forward Tyrus Thomas was ejected from the Bobcats' game with the Wizards for throwing an elbow at Washington's James Singleton late in the first quarter on Monday night.

Thomas was dribbling and Singleton was defending him when the Charlotte forward elbowed him with 3.6 seconds remaining in the quarter. He was immediately called for a flagrant foul and ejected.
THE ASSOCIATED PRESS

NFL

Saints deny eavesdropping allegations

The New Orleans Saints denied an anonymously sourced ESPN report on Monday that alleged general manager Mickey Loomis' booth in the Superdome was wired so he could listen to opposing coaches' radio communications during games.

ESPN could not determine if the system was ever used. The report alleged Loomis would have been able to eavesdrop on opponents from 2002 to 2004.
THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

All Times Eastern

FIRST ROUND

CONFERENCE QUARTER-FINALS
(Best-of-7)

EASTERN CONFERENCE

N.Y. Rangers (1) vs. Ottawa (8)
(Series tied 3-3)
Last night's result
N.Y. Rangers 3 Ottawa 2
Thursday's game
Ottawa at N.Y. Rangers, TBD
Boston (2) vs. Washington (7)
(Series tied 3-3)
Sunday's result
Boston 4 Washington 3 (OT)
Tomorrow's game
Washington at Boston, TBD
Florida (3) vs. New Jersey (6)
(Florida leads series 3-2)
Tonight's game
Florida at New Jersey, 7:30 p.m.
Thursday's game
x-New Jersey at Florida, TBD
Pittsburgh (4) vs. Philadelphia (5)
(Philadelphia wins series 4-2)
Sunday's result
Philadelphia 5 Pittsburgh 1

WESTERN CONFERENCE

Vancouver (1) vs. Los Angeles (8)
(Los Angeles wins series 4-1)
Sunday's result
Los Angeles 2 Vancouver 1 (OT)
St. Louis (2) vs. San Jose (7)
(St. Louis wins series 4-1)
Phoenix (3) vs. Chicago (6)
(Phoenix leads series 3-2)
Last night's result
Phoenix at Chicago
Tomorrow's game
x-Chicago at Phoenix, TBD
Nashville (4) vs. Detroit (5)
(Nashville wins series 4-1)
x — played only if necessary.

RANGERS 3, SENATORS 2

First Period
1. Ottawa, Neil 2 (Gonchar, Foligno) 7:05 (pp)
Penalties — Rupp NYR (roughing) 5:47, Carkner Ott (delay of game) 10:02, Prust NYR, Neil Ott (fighting) 15:10, Smith Ott (roughing) 18:06.
Second Period
2. N.Y. Rangers, Stepan 1 (Richards, Stralman) 8:55 (pp)
3. N.Y. Rangers, Richards 2 (Del Zotto, Stepan) 17:08 (pp)
4. N.Y. Rangers, Kreider 1 (Stepan, Staal) 19:19
Penalties — Prust NYR (cross-checking) 6:22, Michalek Ott (holding) 7:57, Silfverberg Ott (boarding) 9:18, Kreider NYR (goaltender interference) 14:28, Kuba Ott (hooking) 15:42, Foligno Ott (goaltender interference) 15:58.
Third Period
5. Ottawa, Spezza 3 (Greening) 19:21
Penalties — Prust NYR (tripping) 1:44, Turris Ott (slashing) 4:11, Gaborik NYR (hooking) 8:20.
Shots on goal by

N.Y. Rangers	7	8	7	22
Ottawa	6	7	14	27

Goal — N.Y. Rangers: Lundqvist (W,3-3); Ottawa: Anderson (L,3-3).
Power plays (goals-chances) — N.Y. Rangers: 2-6; Ottawa: 1-5.
Referees — Steve Kozari, Tim Peel.
Linesmen — Lonnie Cameron, Shane Heyer.
Att. — 20,500 (19,153) at Ottawa.

LATE SUNDAY

KINGS 2, CANUCKS 1 (OT)

First Period
1. Vancouver, H. Sedin 2 (D. Sedin, Hamhuis) 14:04 (pp)
Penalties — Hamhuis Vcr (roughing) 1:28, H. Sedin Vcr (hooking) 4:08, Doughty LA (holding) 9:10, Richardson LA (roughing) 12:24.
Second Period
No Scoring.
Penalties — Scuderi LA (cross-checking) 4:47, King LA (tripping) 7:04.
Third Period
2. Los Angeles, Richardson 1 (Doughty) 3:21
Penalty — H. Sedin Vcr (hooking) 0:30.
Overtime
3. Los Angeles, Stoll 1 (Martinez) 4:27
Penalties — None.
Shots on goal by

Los Angeles	8	10	13	6—37
Vancouver	6	10	9	2—27

Goal (shots-saves) — Los Angeles: Quick (W, 4-1) (27-26); Vancouver: Schneider (L, 1-2) (37-35).
Power plays (goals-chances) — Los Angeles: 0-3; Vancouver: 1-4.
Attendance — 18,890 at Vancouver.

SCORING LEADERS

	G	A	Pt
Giroux, Pha	6	8	14
J.Staal, Pgh	6	3	9
Briere, Pha	5	3	8
Crosby, Pgh	3	5	8
Malkin, Pgh	3	5	8
McDonald, StL	4	3	7
Berglund, StL	3	4	7
Voracek, Pha	2	5	7
Jagr, Pha	1	6	7
Kennedy, Pgh	3	3	6
Dupuis, Pgh	2	4	6
Kunitz, Pgh	2	4	6
Neal, Pgh	2	4	6
Schenn, Pha	2	4	6
Brown, LA	4	1	5
Peverley, Bos	3	2	5
Hartnell, Pha	2	3	5
Ovechkin, Wash	2	3	5
Sullivan, Pgh	2	3	5
Thornton, SJ	2	3	5
Letang, Pgh	1	4	5
Radulov, Nash	1	4	5
Bourque, Nash	3	1	4
Couturier, Pha	3	1	4
Talbot, Pha	3	1	4
Vermette, Phx	3	1	4
Bergenheim, Fla	2	2	4
Legwand, Nash	2	2	4
Read, Pha	2	2	4
H.Sedin, Vcr	2	2	4
Spezza, Ott	2	2	4
Toews, Chi	2	2	4
Versteeg, Fla	2	2	4
Zajac, NJ	2	2	4
Backstrom, Wash	1	3	4
Campbell, Fla	1	3	4
Carle, Pha	1	3	4
Couture, SJ	1	3	4
Klesla, Phx	1	3	4
Kopitar, LA	1	3	4
Laich, Wash	1	3	4
Simmonds, Pha	1	3	4
Coburn, Pha	0	4	4

Not including last night's games

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	10	6	.625	—
Toronto	9	6	.600	½
Baltimore	9	7	.563	1
Tampa Bay	9	7	.563	1
Boston	4	10	.286	5

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	10	6	.625	—
Chicago	9	6	.600	½
Cleveland	8	6	.571	1
Minnesota	5	11	.313	5
Kansas City	3	12	.200	6½

WEST DIVISION

	W	L	Pct	GB
Texas	13	4	.765	—
Oakland	8	9	.471	5
Seattle	7	10	.412	6
Los Angeles	6	10	.375	6½

Last night's results
N.Y. Yankees 7, Texas 4
Boston at Minnesota
Toronto at Kansas City
Chicago White Sox at Oakland
Sunday's results
Texas 3, Detroit 2, 11 innings
Tampa Bay 6, Minnesota 2
Toronto 5, Kansas City 3
Baltimore 3, L.A. Angels 2, 10 innings
Oakland 5, Cleveland 1
Chicago White Sox 7, Seattle 4
N.Y. Yankees at Boston, ppd., rain
Today's games
Kansas City (J.Sanchez 1-0) at Cleveland (D.Lowe 2-1), 7:05 p.m.
Seattle (Vargas 2-1) at Detroit (Scherzer 1-1), 7:05 p.m.
Toronto (H.Alvarez 0-1) at Baltimore (Tom.Hunter 1-1), 7:05 p.m.
L.A. Angels (E.Santana 0-3) at Tampa Bay (Price 2-1), 7:10 p.m.
N.Y. Yankees (Kuroda 1-2) at Texas (Darvish 2-0), 8:05 p.m.
Boston (Beckett 1-2) at Minnesota (Blackburn 0-1), 8:10 p.m.
Chicago White Sox (Floyd 1-2) at Oakland (Milone 2-1), 10:05 p.m.

SUNDAY

BLUE JAYS 5, ROYALS 3

Toronto	ab	r	h	bi	Kansas City	ab	r	h	bi
YEscor ss	5	1	2	1	Bourgs cf	3	0	0	0
Vizquel 2b	4	0	0	0	AGordn lf	4	0	1	0
Bautist rf	2	1	1	1	Butler dh	4	0	0	0
Encmc 1b	4	0	1	0	Hosmer 1b	4	0	1	0
Rasms cf	4	0	0	0	YBtncr 2b	3	1	0	0
Lawrie 3b	4	1	1	2	Francr rf	4	1	2	0
BFrncs dh	2	0	1	0	Mostks 3b	4	1	3	1
Lind ph-dh	3	0	0	0	Quinter c	2	0	0	0
RDavis lf	3	1	1	0	B.Pena ph	1	0	0	0
Thams ph-lf	1	0	0	0	AEscor ss	3	0	0	1
Arencii c	3	1	1	0					
Totals	**35**	**5**	**8**	**4**	**Totals**		**32**	**3**	**7**	**2**

Toronto	**000**	**040**	**010**	**5**
Kansas City	**000**	**020**	**001**	**3**

E—Y.Escobar (1), Lawrie (3), Moustakas (1). DP—Toronto 2. LOB—Toronto 11, Kansas City 5. 2B—Encarnacion (6), R.Davis (2), Francoeur (3), Moustakas (6). SB—Encarnacion (3), Lawrie (2), R.Davis (3), Arencibia (1), Bourgeois (1), A.Escobar (4). CS—B.Francisco (1), Bourgeois (2).

	IP	H	R	ER	BB	SO
Toronto						
R.Romero W,3-0	8	5	2	2	2	5
Cordero S,1-1	1	2	1	1	1	0
Kansas City						
Duffy L,1-2	4 2-3	5	4	4	5	5
Coleman	2	0	0	0	1	1
Mijares	2-3	0	1	1	1	0
Jeffress	1	3	0	0	1	0
Crow	2-3	0	0	0	0	0

T—3:08. A—26,891 (37,903).

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	12	4	.750	—
Atlanta	10	6	.625	2
New York	8	7	.533	3½
Miami	7	8	.467	4½
Philadelphia	7	9	.438	5

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	11	5	.688	—
Cincinnati	7	9	.438	4
Milwaukee	7	9	.438	4
Pittsburgh	6	9	.400	4½
Houston	6	10	.375	5
Chicago	4	12	.250	7

WEST DIVISION

	W	L	Pct	GB
Los Angeles	12	4	.750	—
Colorado	8	7	.533	3½
San Francisco	8	7	.533	3½
Arizona	8	8	.500	4
San Diego	5	12	.294	7½

Yesterday's results
San Francisco 6, N.Y. Mets 1, 1st game
Colorado at Pittsburgh, ppd., rain
San Francisco at N.Y. Mets, 2nd game
St. Louis at Chicago Cubs
Houston at Milwaukee
Philadelphia at Arizona
Atlanta at L.A. Dodgers
Sunday's results
San Francisco at New York, ppd., rain
St. Louis 5, Pittsburgh 1
Miami at Washington, ppd., rain
Houston 12, L.A. Dodgers 0
Colorado 4, Milwaukee 1
Cincinnati 4, Chicago Cubs 3
San Diego 6, Philadelphia 1
Arizona 6, Atlanta 4
Today's games
Colorado (Moyer 1-2) at Pittsburgh (Correia 1-0), 7:05 p.m.
Miami (Jo.Johnson 0-2) at N.Y. Mets (J.Santana 0-2), 7:10 p.m.
San Francisco (M.Cain 1-0) at Cincinnati (Latos 0-2), 7:10 p.m.
St. Louis (Wainwright 0-3) at Chicago Cubs (Samardzija 2-1), 8:05 p.m.
Houston (Norris 1-0) at Milwaukee (Wolf 0-2), 8:10 p.m.
Philadelphia (Worley 1-1) at Arizona (Collmenter 0-1), 9:40 p.m.
Washington (G.Gonzalez 1-0) at San Diego (Richard 1-1), 10:05 p.m.
Atlanta (Minor 2-1) at L.A. Dodgers (Harang 1-1), 10:10 p.m.

LACROSSE

NLL

WEEK 17

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	15	8	7	.533	186	185	-
x-Philadelphia	15	7	8	.467	169	198	1
x-Buffalo	15	6	9	.400	181	188	2
x-Rochester	15	6	9	.400	182	190	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
y-Calgary	16	12	4	.750	216	170	-
x-Colorado	15	11	4	.733	204	185	½
x-Minnesota	15	8	7	.533	186	177	3½
x-Edmonton	15	6	9	.400	156	163	5½
Washington	15	4	11	.267	163	187	7½

x — clinched playoff berth.
Saturday, Apr. 28
Philadelphia at Rochester, 7:30 p.m.
Colorado at Minnesota, 8 p.m.
Toronto at Edmonton, 9 p.m.
Buffalo at Washington, 10:30 p.m.
END OF REGULAR SEASON

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	48	16	.750	—
y-Miami	46	18	.719	2
x-Indiana	42	23	.646	6½
y-Boston	37	27	.578	11
x-Atlanta	38	26	.594	10
x-Orlando	36	28	.563	12
x-New York	34	30	.531	14
x-Philadelphia	34	30	.531	14
Milwaukee	30	33	.476	17½
Detroit	24	41	.369	24½
Toronto	22	42	.344	26
New Jersey	22	43	.338	26½
Cleveland	21	42	.333	26½
Washington	18	46	.281	30
Charlotte	7	57	.109	41

WESTERN CONFERENCE

	W	L	Pct	GB
y-San Antonio	47	16	.746	—
y-Oklahoma City	46	18	.719	1½
x-L.A. Lakers	41	24	.631	7
x-L.A. Clippers	40	24	.625	7½
x-Memphis	39	25	.609	8½
x-Denver	36	28	.563	11½
x-Dallas	36	29	.554	12
Utah	34	30	.531	13½
Phoenix	33	31	.516	14½
Houston	33	32	.508	15
Portland	28	36	.438	19½
Minnesota	26	39	.400	22
Golden State	23	41	.359	24½
Sacramento	21	43	.328	26½
New Orleans	20	44	.313	27½

d — division leader; **x** — clinched playoff berth; **y** — clinched division

Last night's results
Indiana 103, Detroit 97
Washington 101, Charlotte 73
Philadelphia 105, New Jersey 87
Cleveland at Memphis
Toronto at Milwaukee
Portland at San Antonio
Sunday's results
New York 113, Atlanta 112
L.A. Lakers 114, Oklahoma City 106,2OT
Sacramento 114, Charlotte 88
Detroit 76, Toronto 73
Miami 97, Houston 88
Golden State 93, Minnesota 88
San Antonio 114, Cleveland 98
Denver 101, Orlando 74
L.A. Clippers 107, New Orleans 98
Tonight's games
L.A. Clippers at Atlanta, 7:30 p.m.
Sacramento at Oklahoma City, 8 p.m.
Miami at Boston, 8 p.m.
New Orleans at Golden State, 10:30 p.m.
Phoenix at Utah, 10:30 p.m.

SUNDAY

PISTONS 76, RAPTORS 73

TORONTO (73)
Anderson 2-12 0-0 4, A.Johnson 1-3 0-0 2, Gray 3-4 0-0 6, Uzoh 2-9 1-2 5, DeRozan 7-15 1-2 16, Davis 3-5 1-2 7, J.Johnson 2-9 1-2 5, Kleiza 4-10 2-2 12, Forbes 3-3 3-4 10, Alabi 2-7 2-2 6. Totals 29-77 11-16 73.
DETROIT (76)
Prince 3-8 3-4 9, Maxiell 1-5 1-4 3, Monroe 3-9 2-4 8, Knight 7-17 5-6 19, Stuckey 1-7 5-6 7, Villanueva 3-6 0-0 7, Gordon 6-11 6-8 19, Jerebko 1-3 0-0 2, Wallace 0-3 0-2 0, Bynum 1-2 0-1 2. Totals 26-71 22-35 76.

Toronto	15	19	16	23	73
Detroit	14	15	24	23	76

3-Point Goals—Toronto 4-13 (Kleiza 2-4, Forbes 1-1, DeRozan 1-2, J.Johnson 0-2, Anderson 0-4), Detroit 2-15 (Gordon 1-2, Villanueva 1-4, Stuckey 0-1, Monroe 0-1, Jerebko 0-2, Prince 0-2, Knight 0-3). Fouled Out—None. Rebounds—Toronto 58 (Alabi 10), Detroit 53 (Monroe 17). Assists—Toronto 21 (J.Johnson, Forbes 4), Detroit 16 (Stuckey 6). Total Fouls—Toronto 28, Detroit 10. A—14,370 (22,076) at Detroit.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	8	7	1	0	12	3	21
D.C. United	8	3	2	3	12	8	12
New York	7	3	3	1	17	14	10
Chicago	5	2	1	2	8	6	8
Houston	5	2	1	2	5	5	8
Philadelphia	6	2	3	1	4	6	7
Columbus	6	2	3	1	6	9	7
New England	6	2	4	0	5	8	6
Montreal	8	1	5	2	7	15	5
Toronto	6	0	6	0	4	13	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	7	5	1	1	13	5	16
Real Salt Lake	8	5	3	0	12	8	15
Vancouver	7	3	2	2	6	6	11
Seattle	5	3	1	1	6	2	10
Dallas	7	3	3	1	8	10	10
Los Angeles	6	3	3	0	10	10	9
Chivas USA	7	3	4	0	4	5	9
Colorado	7	3	4	0	8	10	9
Portland	7	2	4	1	9	11	7

Note: Three points for a win, one for a tie.
Sunday's result
D.C. United 4 New York 1
Tomorrow's game
Real Salt Lake at FC Dallas, 8:30 p.m.

ENGLAND

LEAGUE CHAMPIONSHIP

Yesterday's result
Leicester 1 West Ham 2

PORTUGAL

LIGA

Yesterday's result
Academica 0 Olhanense 1

SPAIN

LA LIGA

Yesterday's result
Osasuna 1 Malaga 1

TENNIS

BARCELONA OPEN

At Barcelona, Spain
Yesterday's results
Singles
Joao Sousa, Portugal, def. Igor Kunitsyn, Russia, 7-5 (5), 6-3.
Steve Darcis, Belgium, def. Andrey Golubev, Kazakhstan, 4-6, 7-6 (2), 7-6 (5).
Benoit Paire, France, def. Lukas Rosol, Czech Republic, 6-3, 7-5.
Jarkko Nieminen, Finland, def. Javier Marti, Spain, 6-4, 6-1.
Filip Krajinovic, Serbia, def. Inigo Cervantes, Spain, 6-2, 6-4.
Edouard Roger-Vasselin, France, def. Stephane Robert, France, 6-2, 6-3.
Milos Raonic (11), Thornhill, Ont., def. Alejandro Falla, Colombia, 6-4, 7-6 (3).
Santiago Giraldo, Colombia, def. Denis Istomin (18), Uzbekistan, 7-6 (3), 6-4.
Robin Haase, Netherlands, def. Sergei Bubka, Ukraine, 6-1, 6-2.
Sergiy Stakhovsky, Ukraine, def. Evgeny Donskoy, Russia, 6-2, 6-3.
Federico Delbonis, Argentina, def. Alijaz Bedene, Slovenia, 6-3, 7-5.
Albert Montanes, Spain, def. Gerard Granollers-Pujol, Spain, 7-5, 6-2.
Eduardo Schwank, Argentina, def. Ruben Ramirez Hidalgo, Spain, 2-6, 6-4, 6-0.

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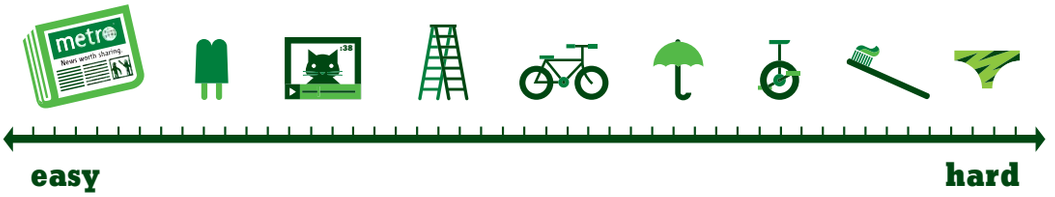

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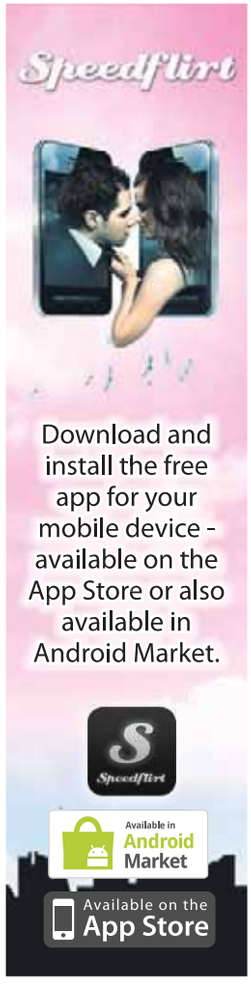
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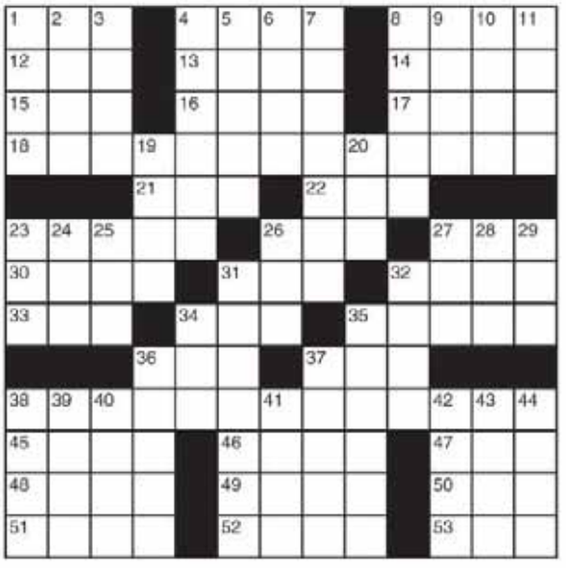
Crossword

Across

1 Wanted-poster abbr.
4 Throat clearer
8 Impale
12 In the thick of
13 Prolonged sleep
14 "The Music Man" locale
15 Put off paåying
16 Invent a word
17 Succeed at horticulture
18 TV show set in Arlen, Texas
21 Mule's daddy
22 Feedbag tidbit
23 Dangle a carrot
26 Supporting
27 Indispensable
30 Woodwind
31 Spitball
32 Jazz style
33 — -Wan Kenobi
34 Zero-star review
35 Fills till full
36 Sandy's comment
37 Shade provider
38 Pennsylvania town
45 Bloodhound's clue
46 Rings around the collar?
47 URL end
48 Unescorted
49 Apiece
50 Packed away
51 Lotion additive
52 Dispatch
53 Took off

Down

1 Uncontrollable
2 Chinese gooseberry
3 Mideast gulf
4 Approach aggressively
5 Stock footage?
6 Send forth
7 Boy's eventual status
8 Vision
9 Actress Spelling
10 MPs' captive
11 Wail loudly
19 Yawn
20 Corn spike
23 Excessively
24 Undergo recession
25 "Ostentatious? —?"
26 Enthusiast
27 DIY buy
28 Enos' granny
29 "Undeniably"
31 Brunch entree
32 Predicaments
34 Expert
35 Like wet snow
36 Correspond
37 "All My Children" role
38 Caffeine-rich nut
39 "American —"
40 Admonition to Nanette
41 Ring out
42 Cicatrix
43 Tittle
44 Congregation's cry



Sudoku

	1	3					9	
7					5		6	
6			8		9	3		
	4			8		5		9
9		2		4			1	
		6	4		2			7
	5		1					4
	9					1	2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	1	7	8	5	2	6	3
2	3	7	4	6	9	1	8	5
6	5	8	3	2	1	9	7	4
1	2	6	9	3	8	5	4	7
5	7	3	1	4	6	8	2	9
9	8	4	5	7	2	6	3	1
8	4	5	2	9	3	7	1	6
3	1	2	6	5	7	4	9	8
7	6	9	8	1	4	3	5	2

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q IYRUQMIQAU, WYYCXAF CXJY XU LXLA'U EKQIFY YAZMFK WZI WXCCYUR, LYEXLYL UZ IQXRY UKY RUYQJR.

Yesterday's Cryptoquip: SUPPOSING YOU HAD YOUR PICTURE TAKEN BY A BIG ALASKAN BEAR, I'D CALL THAT A KODIAK MOMENT.

Today's Cryptoquip Clue: L equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Wednesday 13°/4° Variable
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Horoscope

Aries | March 21 - April 20. Partners and colleagues will happily shovel more work in your direction today – and you will happily shove it back at them.

Taurus | April 21 - May 21. You will be hugely assertive over the next few days.

Gemini | May 22 - June 20. Someone may have let you down once but that does not mean they will let you down again.

Cancer | June 21 - July 22. If there is something that needs doing in your life that you feel is beyond your capabilities then call in an expert.

Leo | July 23 - Aug. 22. Try not to make a bad impression on someone you have to deal with.

Virgo | Aug. 23 - Sept. 22. This will be one of those wonderful days when everything goes right for you, even if you do the wrong things.

Libra | Sept. 23 - Oct. 22. Whatever the majority opinion happens to be at the moment you will take the opposing view, just for the fun of it.

Scorpio | Oct. 23 - Nov. 21. Do you have secret enemies? Maybe. Are they lining up to stab you in the back? Of course not.

Sagittarius | Nov. 22 - Dec. 21. Get your chores out of the way as quickly as possible.

Capricorn | Dec. 22 - Jan 20. This is potentially one of the best days of the year for you as the Sun and Mars join forces across the most dynamic angles of your chart.

Aquarius | Jan. 21 - Feb 18. Just because you don't much like someone does not mean you cannot work together on the same team.

Pisces | Feb. 19 - March 20. You have been quietly working away behind the scenes and very soon will get the breakthrough you have been hoping for. When it arrives stay calm and resist the urge to make a big thing of it. Modesty is your strength.

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Caption Contest

Tell Lady GaGa my beard is not for sale!
Agatha

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wanda.buote@humber.ca

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ADR. 500 70 – Introduction to ADR: Mediation, Negotiation, Arbitration
Monday, Sept. 10 – Dec. 17 (45 hours) | 12:40 pm - 3:20 pm
An introduction to conflict analysis, negotiation, mediation and arbitration. Gain insight into the practice of ADR and will have the opportunity to develop effective negotiation and mediation skills.

ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70 – Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70 – Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70 – Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70 – Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.